



# Gosford Hill School Parent Bulletin

No. 30 – Friday 9th May 2025

[www.gosfordhillschool.org](http://www.gosfordhillschool.org)

## Key Dates and Upcoming Events

| Next Week (A)  |                                                   |      |
|----------------|---------------------------------------------------|------|
| Date           | Event                                             | Time |
| Mon 12th May   |                                                   |      |
| Tues 13th May  |                                                   |      |
| Weds 14th May  |                                                   |      |
| Thurs 15th May | Year 10 and 12 Silver DofE Training Day (On-site) |      |
| Fri 16th May   | Year 9 TDP/MenACWY Immunisations                  |      |

| Following Week (B) |                                                                                                              |                                                       |
|--------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| Date               | Event                                                                                                        | Time                                                  |
| Mon 19th May       | Year 10 Drama Dress Rehearsals                                                                               | 3:30pm - 5:30pm                                       |
| Tues 20th May      | Year 10 Food Mock Exam (Group 1)<br>Bring a Grown Up! Food Workshop                                          | 9:50am - 1:15pm<br>4:00pm - 5:00pm                    |
| Weds 21st May      | Year 10 Food Mock Exam (Group 2)<br>Year 12 Drama Dress Rehearsals<br>Creative Arts Trip Information Evening | 9:50am - 1:15pm<br>4:00pm - 6:00pm<br>5:00pm - 6:00pm |
| Thurs 22nd May     |                                                                                                              |                                                       |
| Fri 23rd May       |                                                                                                              |                                                       |

### Forthcoming Enrichment Period

Every summer term, Gosford Hill School runs an Enrichment Period in which students enroll to attend a wide variety of events and activities.

**ALL**

This year, I would dearly like to offer our students the chance to not only do something that is truly enriching for themselves, but also something that is enriching for the community of Kidlington and the surrounding areas.

With this in mind, if you are aware of any local causes that may benefit from our pupils' help, or have any ideas of ways in which we can help, please let me know by emailing: [jlaporte@gosfordhillschool.org](mailto:jlaporte@gosfordhillschool.org)

*Posted by – Mr La Porte*

## Young Enterprise Notice

### **Eco-friendly Puzzle (Logic & Leaf)**

**ALL**

Logic & Leaf, a Year 12 Young Enterprise group, has set up a business. This is a high-quality environmentally conscious jigsaw puzzle with a seeded lid for a unique experience where YOU can plant your packaging.

Please [click on this link](#) to see the jigsaw and how to order. They would make great gifts!

Thank you in advance for your support.

Ben R, Jack S, Alfie C, Jacob C, Charlie B & Filip Z.



*Posted on behalf of GHS Young Enterprise*

## Safeguarding

**ALL**

Please remember that if you have a safeguarding concern within school hours, please send a message to the following email address: [safeguarding@gosfordhillschool.org](mailto:safeguarding@gosfordhillschool.org)

If you have any safeguarding concerns outside of school hours please contact our local MASH Team (Multi Agency Safeguarding Hub) on **0345 050 7666**.

*Posted by – Mr La Porte*

## Young Carers at Gosford Hill School

**ALL**

The following slide outlines the role of young carers in our community.

We would like to do more in supporting young carers at Gosford Hill School and, as such, are currently in the process of identifying students who care for others in their household. If you feel that your child is a young carer, please let their tutor know so that appropriate support can be offered.

*Posted by – Mr La Porte*



## ***Safeguarding is everyone's business***



### **Young Carers - Who are they and why do they need support?**

A young carer is someone 18 years old or under who helps look after a relative with a disability, illness, mental health condition, or drug or alcohol problem. This could be a parent or a sibling. Some children begin giving care from a very young age, and others become carers overnight.

Caring for someone can be very isolating, worrying, and stressful. For young carers, this can negatively impact their experience in education. Over a quarter of young carers aged 11-15 regularly miss school. This can have a lasting effect on their life chances.

One in three young carers said that their caring role makes them feel stressed. Research also shows that 23% of young carers in the UK said that their caring role had stopped them making friends.

Another problem for young carers is recognising themselves as young carers. It's usually only when they reach secondary school that they realise their home life is different from their friends'.

### **What do young carers do?**

The responsibility of a young carer is wide and varied. It can include:

- Practical tasks, such as cooking, housework and shopping.
- Physical care, like helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

## Sixth Form Notices

### Sixth Form

Supporting your child's UCAS application for courses starting in 2026 (29 May 2025)

A free online session, hosted by the University of Bath, for parents and guardians of children applying to university courses starting from 2026. Date: Friday 29th May 2025. Time: 7:00pm.

This session will provide an overview of the university application process for parents of students looking to apply for 2026 entry. It will provide advice on how to support your child throughout their application and guidance on applying for competitive courses.

For more information or to register, [please click here](#).

*Posted by – Miss Brimble*



**Kidlington Amateur Operatic Society**

**Spring Concert**

**Peasants, Nobles and Nuns**

Popular opera choruses by Rossini, Tchaikovsky & Massenet

Musical Director: Richard Strivens

**Friday 9th May**  
**Saturday 10th May**  
**7:30pm**

**St. Mary's Church, Kidlington**

Adult £15, 11-17 yrs £10, under 11 yrs free

Box office 01865 375613  
[www.kaos.news](http://www.kaos.news)  
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**NIHR** | Oxford Biomedical Research Centre      **NIHR** | Oxford Health Biomedical Research Centre

**HEALTH RESEARCH SHOWCASE**

**SHAPING THE FUTURE OF HEALTHCARE**

**Thursday 29 May, 10am to 3.30pm**  
Leiden Square, Westgate Centre, Oxford OX1 1TR



Visit our interactive stands to find out about the latest in healthcare research.

For more information, visit [oxfordbrc.nihr.ac.uk](http://oxfordbrc.nihr.ac.uk) and [oxfordhealthbrc.nihr.ac.uk](http://oxfordhealthbrc.nihr.ac.uk)



## Oxfordshire Mind Summer Short Course Program in Your local Area

Please contact the information service  
to find out how to get booked on  
or visit our website.

Call: 01865 247788

Email: [info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk)

Text: 07451 277973



### Banbury and Witney Short Course Program

#### Banbury

Exploring Self Esteem May 20<sup>th</sup> – July 8<sup>th</sup> - Tu 2-4pm.

Assertiveness and Communication 21<sup>st</sup> May- Wed 10-4pm.

#### Online

Managing Stress July 2<sup>nd</sup> and July 9<sup>th</sup> Wed 6-8.30pm.

#### Witney

SEND Support for Parents and Carers - June 11<sup>th</sup> - July 2<sup>nd</sup>  
Wed 10.00-1.00.

Managing Strong Emotions - June 9<sup>th</sup> - July 28<sup>th</sup> Mon  
14.00-16.00.

Spring/Summer  
2025

## Parent Support Groups

NEW!

Join us this term for our new  
round of parent support groups!  
Current and new parents all welcome!

Peer support groups for parents of adults or teenagers who  
have additional needs and/or mental health concerns.

These are parent-focused groups, facilitated by a professionally  
accredited therapist (UKCP/MBACP), providing a safe and supportive  
space to share and talk through the challenges you may be facing with  
your adult child or teenager.



**When?** Mondays 6.30 - 8pm  
Parents of adult children

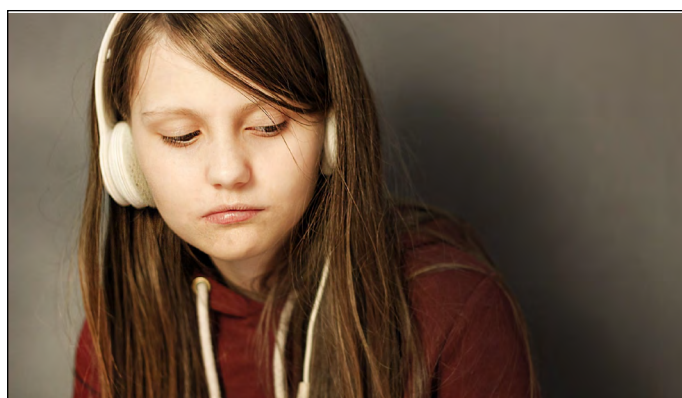
Tuesdays 6.30 - 8pm  
Parents of secondary school  
aged children

**Where?** St Mary's Church Hall  
Church Street  
Kidlington OX5 2AZ

**Cost?** Free!

Empowering parents through shared  
experience and professional support

If this sounds like the group for you, please get in  
touch with Rachel on 07514007374  
Alternatively email [rachelreahub@gmail.com](mailto:rachelreahub@gmail.com) and  
leave your name and number for a call back



### A Short Course for Parents and Carers of Children and Young People with SEND Support Needs

We will be exploring how to look after our own wellbeing, whilst  
supporting our child with Special Educational Needs and or  
Disabilities

This four-week course is running at our Witney Mind Hub, each  
Wednesday between 10am and 1pm

From 11<sup>th</sup> June to 2<sup>nd</sup> July

Please note we are unable to provide childcare facilities

A 30 min Options Appointment with a wellbeing worker, is needed **before** you  
book onto the Course

#### Contact our information team:

To book an Options appointment and request a place on the course.

Call: 01865 247788 – 9.30-4.30 Mon-Thurs / 9.30-4pm Fri

Email: [info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk)

Text: 07451 277973



[oxfordshiremind.org.uk](http://oxfordshiremind.org.uk)  
Registered Charity Number 261476



## Summer Timetable

all sessions delivered live online via zoom £24 each 90 minutes long  
book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) Recordings available for 48 hours

|                                   |              |
|-----------------------------------|--------------|
| Supporting Healthy Sleep          | 16 June 10am |
| Decreasing Depression             | 16 June 7pm  |
| Raising Self-Esteem               | 17 June 10am |
| Understanding the Teenage Brain   | 17 June 7pm  |
| Understanding Addictive Behaviour | 23 June 10am |
| Supporting a Child with ADHD      | 23 June 7pm  |
| Improving Family Communication    | 24 June 10am |
| Autism Improving Communication    | 24 June 7pm  |
| Facing Defiance                   | 30 June 10am |
| Anxiety Based School Avoidance    | 30 June 7pm  |
| Understanding Anger               | 1 July 10am  |
| Supporting Healthy Screen Use     | 1 July 7pm   |
| Introduction to OCD               | 7 July 10am  |
| What is ACT?                      | 7 July 7pm   |
| Cannabis & Ketamine Awareness     | 8 July 10am  |