



Gosford Hill School

Parent Bulletin

No. 1 – Friday 5th September 2025

www.gosfordhillschool.org

Key Dates and Upcoming Events

Next Week (B)		
Date	Event	Time
Mon 8th September		
Tues 9th September		
Weds 10th September		
Thurs 11th September		
Fri 12th September		

Following Week (A)		
Date	Event	Time
Mon 15th September		
Tues 16th September		
Weds 17th September		
Thurs 18th September		
Fri 19th September		

Welcome to the Parent Bulletin

**Year
7**

Welcome to parents and carers of the new Year 7 cohort to the Parent Bulletin. The purpose of this weekly bulletin is to share key dates on upcoming events as well as notices and other factual information. The Gosford Times, the school newsletter, is published termly. Above you will find a list of key dates for your diary for next week and the following – I hope that you find it a useful source of information.

Posted by – Mr Birchall

School Social Media Feeds

**Year
7**

The school has three social media feeds for regular news updates, alerts and reminders about upcoming events. You can follow these by clicking on the links below:

Facebook: www.facebook.com/GosfordHill1 Instagram: www.instagram.com/gosford_hill

Bluesky: <https://bsky.app/profile/gosfordhill.bsky.social>

Posted by – Mr Birchall

Friends of Gosford Hill School

ALL

We are really keen to re-establish our 'Friends of Gosford Hill School' as we begin the new academic year. If you are interested in joining us to support fundraising for improving the additional experiences and opportunities for our students, please get in touch via: office@gosfordhillschool.org.

Posted by – Mr Bateman

Enrichment Week Fundraiser – A thank you!

ALL

Thank you to everybody who kindly donated to our fundraiser for Young Lives vs Cancer at the end of the summer term. We raised £170 which we were pleased to donate to this vital cause.

Posted by – Mr La Porte

Safeguarding

ALL

If you have a safeguarding concern within school hours, please send a message to the following email address: 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



THANK YOU!

To everyone who donated and for your support at Gosford Hill School

★ **£170** ★

YOUNG LIVES
vs CANCER

Whatever cancer throws at them, we'll face it all together

ART CLASSES



A PLACE TO BELONG, GROW & CREATE

BOOK A
TRIAL NOW!

- + Art Classes for Children 6+
- + Teen Art Classes
- + GCSE & A-Level Support
- + Holiday Art Workshops
- + Seasonal Family Workshops
- + Birthday Parties & Events

COMMITTED TO SAFEGUARDING | OFSTED REGISTERED | CHILDCARE VOUCHERS ACCEPTED



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Kidlington Amateur Operatic Society



THE CABARET ON SOUTH STREET

Favourite show tunes in a brand new musical!

**Thurs 23rd, Fri 24th
Sat 25th Oct 2025**

7:30 pm

Gosford Hill School, Kidlington

**Tickets: £15, 17yrs & under £10
VIP Tickets: £20, 17yrs & under £15**



call 01865 375613, online at www.kaos.news

in person at Oxford Building Supplies High Street or
Anemone Florist Kidlington Centre

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GOSFORD HILL
SCHOOL

**Gosford Hill School
Open Events**

for prospective parents and their
children in Year 5 and Year 6

Open Evening

Wednesday 24th September
(6:00pm to 8:00pm)

Concluding with a presentation in
the Hall at 7:30pm.

Open Mornings

**Monday 29th September
Tuesday 30th September
Wednesday 1st October**
(9:15am to 10:15am)



Gosford Hill School, Oxford Road, Kidlington, Oxfordshire, OX5 2NT



www.gosford-hill.oxon.sch.uk/open-events



01865 374971

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

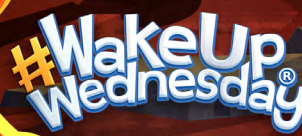
Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College®

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