



Gosford Hill School Parent Bulletin

No. 6 – Friday 10th October 2025

www.gosfordhillschool.org

Key Dates and Upcoming Events

Next Week (A)		
Date	Event	Time
Mon 13th October	Year 8 Interform Competition Pt 1	2:15pm - 3:15pm
Tues 14th October	Year 8 Interform Competition Pt 2	2:15pm - 3:15pm
Weds 15th October	Year 7 Welcome Event	4:00pm - 5:00pm
	Bring a Grown Up! Computing Workshop	4:00pm - 5:00pm
Thurs 16th October	Restart a Heart (Year 7) Year 9 Interform Competition	12:25pm - 3:15pm
Fri 17th October	Year 13 Geography Field Trip to Westgate Shopping Centre	10:15am - 1:00pm
	Year 7 Interform Competition	10:30am - 12:30pm

Following Week (B)		
Date	Event	Time
Mon 20th October		
Tues 21st October	Year 13 Geography Field Trip to Wytham Woods	9:00am - 3:00pm
	Ghost-ford Hill School	4:30pm - 6:00pm
Weds 22nd October	A Level English Literature Trip 'A Doll's House' at Oxford Fire Station	7:00pm - 10:00pm
	KAOS Production – 'The Cabaret on South Street' in the Hall	7:30pm (Please see poster for details)
Thurs 23rd October	STEM & Business Careers Insight Day at Intertronics	10:00am - 3:00pm
	KAOS Production in the Hall	7:30pm
Fri 24th October	KAOS Production in the Hall	7:30pm

School Photographs for Years 7, 10 and 12

ALL

Have you ordered your child's portrait school photos yet? A polite reminder that the closing date for free delivery back to school is Wednesday 15th October 2025. Order through the Tempest website using your unique link or visit www.tempest-orders.co.uk

If you need any assistance in ordering your photos, feel free to contact Tempest on 01736 751555 (option 3).

Posted on behalf of Tempest Photography

'Restart a Heart' for Year 7 students – Next Thursday 16th October

**Year
7**

Next Thursday 16th October, students in Year 7 will be taking part in 'Restart a Heart', where South Central Ambulance Service will be delivering sessions on the use of CPR and a defibrillator.

The aim of the session is to support young people in learning to become the lifesavers of the future.

If your young person is likely to be impacted by this, then please let us know.

Posted by – Mr Darvell

Importance of attending open days as a pre-step to applications

**Year
11**

Whether they're considering college, an apprenticeship, or are worried about meeting the required Grade 5s to stay at school and do A Levels, now is the time to get some new information to help them solidify their Plan A and have a Plan B in case of not making the grades for Plan A. Please encourage them to attend college open days (ideally by attending with them). This preparation is crucial for them to be in the best position to submit applications by December. Open days in October are:

Sat 11th Oct	9.30-12pm	The Leys College (Construction & Engineering courses only at Blackbird Leys campus)
Sat 18th Oct	9.30-12pm	Oxford City College
Sat 18th Oct	9-11am	Activate Rugby GIRLS, Harcourt Hill Campus
Wed 22nd Oct	4.30-7pm	Banbury & Bicester College, Banbury
Sat 25th Oct	10-12pm	ACE Training, Kidlington (Bricklaying & Carpentry)

Posted by – Mrs Zajac

Boost your child's preparedness for their future!

ALL

Check out our new [Careers Activity Newsletter](#) that was sent out earlier this week. We share the latest resources on career insights, experiences and guidance on next steps that the students receive via Google Classroom and more. It's updated weekly, so bookmark the live link for the freshest info!

Posted by – Mrs Zajac

Year 11 and Year 13 Mock Examinations Timetables – November 2025

**Year
11 & 13**

Distributed with this bulletin are timetables for the upcoming Year 11 and Year 13 mock exams in November. The timetables can also be viewed on/downloaded from the school website through the following links:

[Year 11 Mock Examinations Timetable](#)

[Year 13 Mock Examinations Timetable](#)

Posted by – Mrs Gillingham

Please check your junk or spam inbox for any school-related communications

ALL

It has come to our attention that some school-related communications may have been misdirected to parents' and carers' junk or spam email folders. We kindly ask you to check these folders and mark any school emails as 'safe' to help ensure you continue receiving important updates.

Posted by – Mr Birchall

Ghost-ford Hill School – Tuesday 21st October (4:30pm to 6:00pm)



ALL



Ghost-ford Hill School is back for another night of spooks and scares in 2025!

Our much-loved Halloween event returns for one night only on Tuesday 21st October. Children in Years 4-6 are invited to wear their best fancy dress and creep through our classrooms in search of sweets and treats. But beware... who knows what ghouls and goblins might be lurking in the corridors after dark?

Parents and carers are welcome to join the adventure or relax with a warm cup of tea or coffee. We'd love to see you there!

Please complete this short Google Form to register your interest in attending: <https://forms.gle/Wz166tVAuDe9jwSS7>

Posted by – Mr Birchall

Bring a Grown Up! – FREE Family Learning Workshops at Gosford Hill School

Throughout the academic year, Gosford Hill School hosts a series of fun family-oriented learning sessions, during which we invite **primary school-aged children in Years 4-6** to 'Bring a Grown Up!' and try something new!

This Autumn term, come and create your own computer character, join us for a textiles workshop, learn all about Christmas traditions in France or have fun solving some Maths puzzles and quizzes, at one of our free family learning workshops.

ALL

Computing Workshop – Wednesday 15th October

Textiles Workshop – Tuesday 4th November

Maths Workshop – Tuesday 2nd December

French Workshop – Monday 8th December

[Please click here](#) to learn more or to book. Places are limited so please book sooner than later to avoid disappointment. All sessions start promptly at 4pm and run for an hour.

Please note that only one ticket is required to be booked to enable participation for one child and one accompanying parent. Should you need help with ticket booking, please give us a call on 01865 374971.

Posted by – Mr Birchall

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

Sixth Form Notices

Sixth
Form

Unifrog University Fair – Tuesday 14th October 2025

From acing your application, to understanding scholarships, and learning more about what it's like to study at university, this fair is a great opportunity to get all your questions answered by the experts. [More info here](#).

Posted by – Miss Brimble

Ofsted Registered ELITE CAMPS

ELITE CAMPS HALF-TERM

Mon 27th – Fri 31st Oct 2025
 Botley Primary School, Botley, OX2 9JZ
 Ages 4–13 Years

Elite Activities Include..

- Soft Archery
- Bubble Football
- Crazy Golf
- Giant Volleyball
- Nerf Wars
- Arts & Crafts
- Halloween Fun

TRY A FREE TASTER DAY

Find out how to claim your free taster inside →

Ofsted Registered ELITE CAMPS

BOOK YOUR PLACE

Botley Primary School, Botley, OX2 9JZ

Mon 27th – Fri 31st October 2025

Extended Day (8:30am – 5:00pm)
 Full Day (9:00am – 3:30pm)
 Half Day for 4-Year-Olds (9:00am – 1:00pm)

TRY A FREE TASTER DAY *

*New customers only – call us to book your free taster day this October Camp! 01235 415846

Booking Options

- Book Now via bookings.eliteyouthsports.co.uk
- info@eliteyouthsports.co.uk
- 01235 415846

Gosford Hill School

Admissions Open

for students joining us in September 2026

It's an exciting time to join Gosford Hill School...

- Rated Good by Ofsted.
- Excellent GCSE and A Level results.
- We are the first school in Oxfordshire to be part of the Department for Education's Schools Rebuilding programme.

Apply online now:
www.gosford-hill.oxon.sch.uk/admissions
 Gosford Hill School, Oxford Road, Kidlington, Oxfordshire, OX5 2NT

Low noise and environmentally friendly

KIDLINGTON FIREWORKS & LASER SHOW

Wednesday 5 November 2025
At Stratfield Brake

Gates open from 6pm

Freestyle fire show by Arron - before the display

No Parking Available

£1 discount for tickets bought in advance from Exeter Hall and local businesses

Organised by Kidlington Parish Council

Kidlington Amateur Operatic Society

presents

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

Registered Charity No. 1170572

NHS Oxford Health NHS Foundation Trust

CAMHS Child and Adolescent Mental Health Service

OXFORDSHIRE WE ARE WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

We Walking with You on your Parent/Carer journey
A warm, parent-led group for anyone caring for a child or young adult (up to age 25) facing mental health challenges.

Connect • Share • Learn Join us online or in person for relaxed, insightful sessions led by:
Parent Peer Support Workers
Social Prescribers
CAMHS Mental Health Professionals

Explore topics around mental health and neurodiversity in a safe, welcoming space.

★ Plus: Special Guest Events Hear from professionals and services across the field! and getting out in nature.

TO REGISTER FOLLOW THE LINK OR QR :

www.oxfordhealth.nhs.uk/camhs/involvement/oxon/why/

THE OXFORD & CAMBRIDGE SINGING SCHOOL

The Oxford and Cambridge Singing School is for boys and girls aged 7 - 13 who love to sing. Established in 2013, the Singing School provides the opportunity to experience great classical music with world class coaches in a relaxed and fun environment and to develop confidence in singing and performing.

Pupils will learn some beautiful carols and seasonal music from around the world, led by our regular team of expert coaches.

To join our mailing list and for more information on our courses, please see www.oxbridgesingschool.com or email oxbridgess@gmail.com

22 & 23 December 2025
St Barnabas Church, Jericho, Oxford
St Catharine's College, Cambridge

www.oxbridgesingschool.co.uk

October Half Term

The North Wall Arts Centre

YouthLab
Ages 12-17

Stage Combat
27 - 29 Oct
9am - 12pm

Experiment with different styles of armed and unarmed stage combat in this exciting skills workshop, to bring fight scenes dramatically to life!

Tickets £60 for 3 half days

Double the Drama, Double the Fun!

SAVE £15 when you book both workshops!

Musical Theatre - Acting Through Song
27 - 29 Oct
1pm - 4pm

Combine the power of acting and singing and learn how to connect emotionally with an audience through your character in this musical theatre workshop.

Tickets £60 for 3 half days

Book now: thenorthwall.com/type/workshop
Full bursaries available
To Apply: Email [Laura on howells@thenorthwall.com](mailto:Laura.on.howells@thenorthwall.com)

Calling all brave students in Year 4-6!



Join us for a spooktacular night
of trick-or-treating at

GHOST-FORD HILL SCHOOL

(Gosford Hill School, Oxford Road, Kidlington)

Tuesday 21st October (4:30pm to 6:00pm)

This spooky season, children in Years 4-6 are invited to wear their best fancy dress and explore our classrooms in search of sweets and treats. Who knows what Ghouls and Goblins roam the Ghost-ford Hill School corridors at night-time? Parents and carers are welcome to accompany or sit back and enjoy tea and coffee.

Scan here
to register!





Bring a Grown Up!

FREE Family Learning Workshops at Gosford Hill School 2025 - 2026

Suitable for children in Years 4-6

Autumn Term		
Computing	Weds 15th October	Explore the fascinating world of MicroBits
Textiles	Tues 4th November	Join Mrs North for a creative workshop in the Textiles Room
Maths	Tues 2nd December	Test your brain with some Christmas-themed Maths puzzles
French	Mon 8th December	Come and explore French language and culture
Spring Term		
Art	Weds 4th February	Get creative during this Valentine's Day themed workshop
German	Tues 24th March	Put your linguistic skills to the test to find hidden Easter eggs
Science	Weds 25th March	Use Science to help the Easter bunny solve problems!
Geography	Weds 22nd April	Come and learn about our planet on World Earth Day!
Food	Weds 13th May	Discover the power of teamwork in the kitchen
Summer Term		
English	Thursday 11th June	We all have an inner poet! A creative writing workshop
PE	Thursday 18th June	Enjoy tennis and rounders on our amazing all-weather pitch
History	Tuesday 23rd June	Have a go at solving a historical mystery with Miss Hall
Health & Social Care	Thursday 16th July	How healthy is your food? Find out with Miss Barnes...

We look forward to seeing you at one or all of these **FREE** workshops.

Scan the QR code today to book your place, or visit:
www.gosford-hill.oxon.sch.uk/community/bring-a-grown-up
Alternatively, you can give us a call on 01865 374971



10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

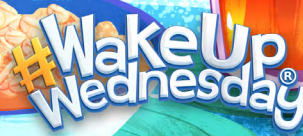
Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®

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