

A Message from Mrs Jackson

It has been a busy and productive return to school this week. The PE team have been supporting the school and community hosting primary schools for Cross Country and then taking the school team to the Wiltshire Schools Cross Country Championships with an amazing 3rd place for Gabe Chidgey in 7S. On Sunday Mrs Charles and a group of students will be representing our school at the Melksham Remembrance Parade where they will lay a wreath as part of this service. Next week our Year 11 Geographers are out practising their fieldwork skills in Bristol Harbourside, we hope the weather stays dry for them. Many thanks to the staff for providing these opportunities to our students.



PE Enrichment

PE Clubs for terms 1 and 2. Students are to come down to PE promptly after school. It's free to come and join.

Terms 1 & 2 Enrichment					
Monday	Tuesday	Wednesday	Thursday	Friday	
3.00pm – 4.00pm					
Multi-skills Club	Rugby	Netball year 7	Badminton		
(invite only)	Year 7-9	RSA	RSA		
CWI	Boys HWA				
		Netball Year 8	Football		
		EPR	Girls Year 7-9		
	Rugby		NBA		
	Years 7-9 Girls	Netball Year 9			
	EPR	CWI	Football		
			Boys U13 & U16		
		Year 10 & 11	Squad training		
		Netball training			
			Self Defence		
			Year 7-9 girls		
			only		
			Limited numbers		
			each term		
			Contact RSA to		
			sign up.		

Self-Defence

We have had great interest in students wanting to attend our self-defence course. This lasts a term, approximately 6 weeks and is delivered by a specialist self-defence instructor, Helen Llwelyn. The course focuses on supporting girls in developing:

- Practical self-defence techniques.
- A focus on movement, breath work and relaxation and posture.
- Enhance self-awareness and resilience.
- Help equip them to handle various situations effectively.

Please email Mrs Sawyer <u>sawyerr@melkshamoak.wilts.sch.uk</u> to sign up. Courses will run throughout the year each term so please email interest to secure your daughters place in one of the courses.





Live Webinar for Year 11 Parent/carers: What are the choices for students after Year 11?

Wednesday 20th November 2024, 6-7pm over Teams.

This webinar will take parents and carers through the choices available to students after Year 11, and beyond. We will talk through the pathways Year 11 students can choose and explain what they need to be thinking about. We will also run through where their Year 11 choices could take them in the future, including the many routes to degree level study and all the other options too, such as apprentice-ships and courses at your local college. We will explain some of the key points to bear in mind and explain how you can use Careerpilot to find out lots more - so you can effectively support your young person in making a positive progression decision.

The session will be run by experienced careers advisers from the Careerpilot Team based at the University of Bath.

Book your place

You may also find answers to questions about post 16 choices on the Careerpilot Parent Zone.

Melksham Oak Sixth Form Open Evening - Thursday 28th November, 6-8pm

Please join us in the Sixth Form centre to see the wide range of courses both A Level and vocational on offer at our Sixth Form. We have a dedicated Careers Leader and experienced teachers and Sixth Form tutors who will be there to offer support and guidance.

Presentation in the Main Hall at 7pm from Executive Headteacher David Cooper and Headteacher Abbie Clark.

Book Fair in the MOCS Library

Book Fair in the MOCS Library

12th-18th November 2024

Parents welcome 3-3.40pm

Books and stationary at reduced prices.

Young Adult and Primary titles available

Buy the perfect gift for Christmas

By purchasing a book from the fair, you can help earn between 25% and 60% in free books for our school. That could be as much as £900 worth of amazing new books for our students to borrow.

Students can also take part in the competition for a chance to win £10 towards Books and stationary from the Book Fair.



Writing Competition

Well done to all of the students who entered the writing competition. The winner is Millie from 7K for her fantastic front cover and graphic novel titled 'My (Imaginary) Friend Anya'





Breast Cancer Bra Collection

As a school we collected 256 bras for breast cancer. Thank you to everyone that donated.



NHS Cadets

Sixth Form Open Evening





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Reach your potential with NHS Cadets and learn the skills you need to support vital

healthcare teams across the country.

NHS Cadets is a scheme created by St John Ambulance in partnership with the NHS. It's designed to provide you with the opportunity to explore roles in healthcare.

The programme consists of two pathways: Foundation (for 14-16-year-olds) and **Advanced** (for 16-18-year-olds). You'll learn about a range of exciting healthcare topics, develop your leadership and communication skills, and gain insight into volunteering within the NHS.

It is a free programme consisting of 2-hour weekly sessions over 11 months. You'll be supported throughout your volunteering journey by our NHS Cadets Team.

How do I get involved?

Applications are now open for the NHS Cadets **Advanced programme** in Bath.

To learn more, find your local programme and apply, please visit https://nhscadets.sja.org.uk/join-today/.











Date: Friday, 29th November

① Time: 6 PM - 8 PM

P Location: Assembly Rooms, Melksham

Come along for a fantastic family-friendly evening hosted by the Melksham Neighbourhood Policing Team (NPT)!

This event is all about bringing the community together, supporting children and young people; showcasing the resources available to keep them active, engaged, and safe.

What's on offer?

- 🐦 Bike Marking by Melksham NPT just in time for Christmas!
- Neet the Police Cadets
- 🐦 Engage with local youth services like 4Youth and Youth for Christ
- 於 Discover clubs like Melksham Swimming Club and Melksham Football Club
- 🐈 Connect with support organisations such as Spurgeon's and the Wiltshire Police Youth Offending and Neighbourhood Harm and Reduction Teams
- 🛠 Chat with Town Council representatives about community initiatives
- Snap Fitness they will be offering exclusive discounts for those who sign up on the night!

Bring the whole family along, learn about local resources, enjoy the activities, and discover new ways to support and inspire our young people.

> We can't wait to see you there!



Drugs & Alcohol

This weeks theme is talking to your children about drugs and alcohol.

The NSPCC produce some excellent resources to support parents and carers with what can be difficult conversations about drugs and alcohol.

We do a lot of work in school through science and PSHE around these topics and we have access to referral services including the school nurse service for supporting our students. Please reach out to us if you need support in supporting your children.

You can also contact the NSPCC directly or your GP:

help@nspcc.org.uk

0808 800 5000

This is the link for help with underage drinking

https://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/underage-drinking/

This is the link for drug use

https://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/children-and-drugs/

Frank also has brilliant links to support young people and parents when it comes to understanding drugs:

https://www.talktofrank.com/

We also have links with a Wiltshire support group. We can refer and run session in school:

Motiv8 is a service for young people who need help with substance misuse. Motiv8 can help by: Supporting young people aged 17 and under who are using drugs and/or alcohol, Providing confidential one-to-one support sessions, Meeting you at a convenient place of your choice, Giving advice and information on drugs and alcohol and other helpful organisations, Providing services for pregnant young women who are using drugs and/or alcohol, Helping you get access to medical support, Advising you on how to live healthier, Helping young people understand the risks of taking drugs and alcohol, Supporting young people and act on your behalf when talking to school/college/family, Helping your family understand how they can help you and Helping you access other support services.

MOTIV8 (Wiltshire) - UK-Rehab: https://www.uk-rehab.com/rehab-locations/wiltshire/trowbridge/motiv8/

They also look at and support with addiction, detox, rehab and eating disorders.

Please remember to reach out to school for support.



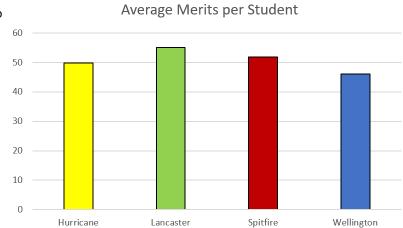


Merits

As we start term 2 over 55,000 merits have been awarded so far this year. Well done!

The gap continues to close, will this term see Lancaster house removed from the top spot?

Every merit, star of the lesson and star of the week helps your house.



Key Contacts

In the first instance please contact your child's tutor, who will be best placed to answer your query or direct you to the best person who can give you an answer. Details of the pastoral team are below:

Pastoral Team

Year 7:	Mrs H. Pearce	pearceh@melkshamoak.wilts.sch.uk
Year 8	Mrs H. Johnson	johnsonh@melkshamoak.wilts.sch.uk
Year 9	Mrs S. Phelps	phelpss@melkshamoak.wilts.sch.uk
Year 10	Mrs C. Hughes	hughesc@melkshamoak.wilts.sch.uk
Year 11	Mr J. Oatley	oatleyj@melkshamoak.wilts.sch.uk

KS5 Leads

Mrs K. Jones <u>jonesk@melkshamoak.wilts.sch.uk</u>
Mr C. Butter <u>butterc@melkshamoak.wilts.sch.uk</u>

Head of Careers Education

Ms C. Tranter tranterc@melkshamoak.wilts.sch.uk



Upcoming Events

Monday 11th & Thursday 14th November: Year 11 Geography Trip

Thursday 21st November: Year 13 Parents' Evening

Thursday 28th November: Sixth Form Open Evening 6—8pm

Thursday 5th December: Year 11 Parents' Evening

