



A Message from Mrs Clark

The Y11 & 13 students have been great this week in their mocks. Their behaviour has been exemplary and so many of them have been engaging with the extra after-school revision sessions leading up to this assessment period. There have also been lots of great extracurricular activities on offer, from the Y10 science trip to Longleat, to the Y11 football match against Devizes (which we won). We have also been marking the start of Black History Month with this week's online assemblies. This will be the last newsletter of the term, I hope you all have a great weekend.

Year 10 Longleat Trip

Year 10 students had an exciting and informative experience attending the Longleat Wildlife Conservation Conference. They were introduced to key aspects of wildlife conservation through engaging presentations from Longleat's own specialists. Topics covered included the historical context of exotic animals in captivity and a discussion on the role that zoos and safari parks play in conservation efforts. Students also



learned about coordinated breeding programs, with a particular focus on the conservation of endangered species. After the conference, students enjoyed a trip around the safari park, where the carnivorous animals



caused quite a stir, adding excitement to the day. They also had the chance to explore the smaller, cuter animals, including the ever-popular red panda. To top it all off, they successfully navigated



Longleat's famous maze, completing a fun and educational visit.



Year 11 and 13 Mock Exams

Thank you to all the students that have been keeping quiet around exam areas, the year 11 and 13s who have been working hard at their autumn mocks and, of course, parents who have been supporting their children. Keep going, we are proud of how all of you are conducting yourselves and the hard work that you are putting in to the mock exams.

Parents' Evening Consultation

The new parents evening system that was used to book the 'Meet the Tutor' evening has the ability to have hold virtual appointments through a video system. Whilst we feel the 'Meet the tutor' evening should be held in person we are looking for your feedback on the school approach to the subject parent evenings this year.

<https://forms.office.com/e/8n9AJ0nGkc>



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 (invite only) CWI	Rugby Year 7-9 Boys HWA Rugby Years 7-9 Girls EPR	Netball year 7 RSA Netball Year 8 EPR Netball Year 9 CWI Year 10 & 11 Netball training	Badminton RSA Football Girls Year 7-9 NBA Football Boys U13 & U16 Squad 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 Llwyn. 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 sawyerr@melkshamoak.wilts.sch.uk 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.



Creative Voices Workshops - Graffiti and/or Claymation Film Making

This workshop is open to anyone, whether you are a keen artist or a beginner, and you will be happy to take part in discussions about teen friendships and relationships. The workshops are being held at the University of Bath Campus.

Workshop: Has 3 sessions which you must attend. One session after school/college, and the other 2 sessions over a weekend.

Wed 30th October 4-7pm, Sat 2nd Nov 10am-4pm, Sun 3rd Nov 10am-4pm

Wed 13th November 4-7pm, Sat 16th Nov 10am-4pm, Sun 17th Nov 10am - 4pm

Paid Opportunity: If successful in your application, you will be paid £100 for your participation in your chosen workshop.

This will be a friendly, fun and relaxed atmosphere where art and discussions will easily flow.

For further details visit www.mightygirls.co.uk/shop

CREATIVE VOICES WORKSHOPS

This is a Paid opportunity for all 14-18 year olds



WORKSHOP ONE

WED 30TH OCT 4-7PM
SAT 2ND NOV 10-4PM
SUN 3RD NOV 10-4PM
MUST BE ABLE TO ATTEND ALL ABOVE DATES.

At University of Bath campus
GRAFFITI ART MAKING & DISCUSSIONS

WORKSHOP TWO
WED 13TH NOV 4-7PM
SAT 16TH NOV 10-4PM
SUN 17TH NOV 10-4PM
MUST BE ABLE TO ATTEND ALL ABOVE DATES.
At University of Bath campus
CLAYMATION FILM MAKING & DISCUSSIONS



- 🧐 How do you experience power in your friendships / relationships?
- 🗣️ What is it to be a man?
- 🤔 What does respect look like in your relationships?

We want to hear your views while creating art to bring your ideas to life.

CLICK THE LINK TO APPLY www.mightygirls.co.uk



UNIVERSITY OF
BATH



BiM
BOYS IN MIND



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.

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SAVE £5

£4.99 £3.99

Payment at our Book Fair
Please check with your school for the best way to pay for your books

- You can pay online at the Fair via card reader machines if your school has one or by using the online payment link at www.bookfairs.scholastic.co.uk/gifts-vouchers to buy vouchers for your child before the Fair.
- Pre-paid gift vouchers are available in **£5, £10, £15, £20 and £25**. Go to www.bookfairs.scholastic.co.uk/gifts-vouchers to buy vouchers for your child before the Fair.
- If you can't attend the Fair in person, your child can order books via a Wish List - please ask your school for details.

HELP EARN FREE BOOKS FOR YOUR SCHOOL*
Scholastic is one of the largest providers of free books to schools via our Reward scheme which helps to ensure that as many children as possible have access to books that support reading for pleasure. Every time you buy from the Book Fair you help to make a difference by supporting literacy in your child's setting. Last year, with your help, we gave over £5.5M worth of free books to schools nationwide, which stocked school libraries and classrooms.



*These books are subject to terms and conditions. Please contact your Book Fair Organizer or Scholastic Book Fairs for details.



Safeguarding Depression or Anxiety

Supporting your child with depression or anxiety.

Signs of depression or anxiety in children can sometimes look like normal behaviour, particularly in teenagers who might keep their feelings to themselves. So, knowing how to talk to your child about their mental health is important.

Many children or young people will feel stressed or anxious about things like exams or moving to a new school. But while these experiences can be challenging, they're different from longer-term depression or anxiety, which affect how a child or young person feels every day.

It can help to think about what's normal for your child and if you've noticed signs that they've been behaving differently.

Signs of depression in children can include:

- ongoing low mood or lack of motivation
- not enjoying things they used to like doing
- becoming withdrawn and spending less time with friends and family
- experiencing low self-esteem or feeling like they are 'worthless'
- feeling tearful or upset regularly
- changes in eating or sleeping habits.

Signs of anxiety in children can include:

- becoming socially withdrawn and avoiding spending time with friends or family
- feeling nervous or 'on edge' a lot of the time
- having panic attacks
- feeling tearful, upset or angry
- having trouble sleeping
- changes in eating habits.

Sometimes, parents feel like their child's mental health problem is their fault. Or they want to know exactly why their child is struggling. This is understandable, but the most important thing is to reassure your child and not judge them for how they're feeling.



Safeguarding Depression or Anxiety

You can help a child who's struggling by:

- letting them know you're there for them and you're on their side
- talking to them over text or on the phone if they don't feel able to talk in person
- being patient and staying calm and approachable, even if their behaviour upsets you
- recognising that their feelings are valid and letting them know it's OK for them to be honest about what they're feeling
- thinking of healthy ways to cope. You could try things like yoga, breathing exercises or mindfulness together
- encouraging them to talk to their GP, someone at their school or Childline <https://www.childline.org.uk/get-support/>. Especially if they're finding it hard to talk at home.
- taking care of yourself and getting support if you need to. Try not to blame yourself for what's happening, and stay hopeful about your child's recovery.

You can source help from your GP, ChildLine, CAMHS and us at school. Please reach out as have access to services who can support. There are also lots of other support networks-two are shown below:

- Young Minds has advice for parents about supporting children with a range of mental health problems. <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>
- The Mix offers advice on a range of topics for young people under 25. They have a 24-hour crisis messenger for young people who need help right away. <https://www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger>

Year 10 GCSE Apple Turnovers

Year 10 GCSE students have been making apple turnovers after learning all about the properties of laminated pastry.

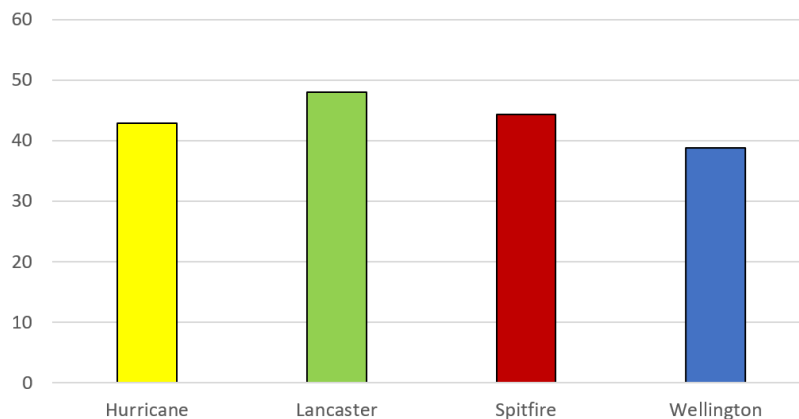




Merits

The merits per student gap is just 10 merits per student between Lancaster and Wellington house. Will any of the other houses be able to knock Lancaster from the lead in the final few days of term 1?

Average Merits per Student



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: Mr L. Ballinger ballingerl@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 ionesk@melkshamoak.wilts.sch.uk
- Mr C. Butter butterc@melkshamoak.wilts.sch.uk

Head of Careers Education

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



Upcoming Events

- Monday 14th October to Wednesday 23rd October:** Year 11 & 13 Mocks
- Monday 21st to Tuesday 22nd October:** Year 7 GL Assessments
- Thursday 24th October:** Inset Day, students not in school
- Friday 25th October to Friday 1st November:** Half Term