

# Weekly Newsletter

Friday 4<sup>th</sup> October 2024 | Issue 4

Dear families

This week, we have had another busy week. We had our whole school mass on Wednesday for the Feast of Saint Francis. (We did this as we were closed for INSET on the Feast Day.) Saint Francis is important to our school as we are linked to the Franciscans at Greyfriars and we are part of the Pope Francis MAC. It was a glorious event with more than 70 students taking part. We were delighted to have Canon Mervyn Tower, from Corpus Christi in Headington, say mass for us. He was deeply impressed by our students and their participation.



We also welcomed potential new families to our school on Thursday Evening. We were really busy at our Open Evening for students joining next year. It was joyful. Visiting families were clearly impressed with our school and the dedication of staff. What was most striking, was how thoughtful and attentive our student hosts were as they acted as tour guides. We are so proud of our school and our students and the opportunity to show people how good we are!

I hope you have a lovely weekend.

Lyndsey Caldwell  
Headteacher

## WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

### Gospel: Mark 9:38-43, 45, 47-48



At that time, John said to Jesus, 'Teacher, we saw someone driving out demons in your name, and we tried to prevent him because he does not follow us.' Jesus replied, 'Do not prevent him. There is no one who performs a mighty deed in my name who can at the same time speak ill of me. For whoever is not against us is for us. Anyone who gives you a cup of water to drink because you belong to Christ, amen, I say to you, will surely not lose his reward. 'Whoever causes one of these little ones who believe in me to sin, it would be better for him if a great millstone

were put around his neck and he were thrown into the sea. If your hand causes you to sin, cut it off. It is better for you to enter into life maimed than with two hands to go into Gehenna, into the unquenchable fire. And if your foot causes you to sin, cut it off. It is better for you to enter into life crippled than with two feet to be thrown into Gehenna. And if your eye causes you to sin, pluck it out. Better for you to enter into the kingdom of God with one eye than with two eyes to be thrown into Gehenna, where 'their worm does not die, and the fire is not quenched.

#### Reflection

We are often tempted to be “closed off”. The disciples would like to hinder a good deed simply because it is performed by someone who does not belong to their group. They think they have the “exclusive right over Jesus”, and that they are the only ones authorised to work for the Kingdom of God. They end up feeling that they are privileged and consider others as outsiders, even becoming hostile towards them. Every closure like this tends to keep us at a distance from those who do not think like we do, and this — we know — is the root of many great evils in history: think of dictatorships and of great violence towards those who are different. Jesus reminds us of this great temptation here, and frees us from ourselves to welcome and include all others instead.

*Lord, we ask that you help us to remain open to others, recognising the gifts they bring and the ways they reflect your glory. When we are tempted to close ourselves off to others, or forget to extend a hand to those who need it, would you show us mercy and prompt us to love beyond our means. May we see clearly who is for us rather than against us. Amen.*



To view the St Edmund and St Fireside (Greyfriars) parish website please click on the following link:

<https://www.greyfriarsoxford.uk/>

## GENERAL NOTICES

### Sixth Form News | Ms McCabe

#### SIXTH FORM VOLUNTEERING

We are delighted with how our Sixth Form students have taken to volunteering and the impact they are having on our school community. We have had students helping teachers in lessons, sorting out their classrooms, helping to make prayer boards and helping with reading testing for younger years. They are showing themselves to be excellent leaders and role models for younger years. We look forward to seeing their completed volunteering cards by the end of this term.

#### UCAS & DESTINATIONS

A reminder that a parent presentation explaining how to support your Year 13 student as they go through the application process for University (UCAS) or apprenticeships is now on the school website. If you have any questions about this process or would like more information, please contact Ms McCabe.

#### GCSE MATHS & ENGLISH RETAKE EXAMS

These exams take place between the Tuesday 5th November and Monday 11th November. Students in Year 12 and Year 13 who are retaking these exams will receive their timetable on Monday.

#### D&D CLUB

Please see the poster below for a Dungeons and Dragons club run by Sixth Form students. If you are interested please meet in the Library at 3:10 on Tuesday 8th October.



### Match Report | Mr Dunne

#### Matthew Arnold U14's 8-3 Greyfriars U14's

On Monday our U14's kicked off their National Cup campaign away to Matthew Arnold school. They also had the privilege of being the first team to wear our new school football kit!

Last year we played them in the ESFA cup and after a 4-4 draw, Greyfriars progressed to the next round. Unfortunately on this occasion, history was not to repeat

itself. Although the result was not what we'd hoped for, there were still many positives to take from the game. Greyfriars goal scorers were Mali with a brace and Isaac.



## GENERAL NOTICES

### Match Report | Mr Weedon Carterton U13's 1-4 Greyfriars U13's

On Tuesday our U13s were in Carterton to kick off their ESFA Cup campaign. It was the first game they had played since March and the team spirit was high as ever. Not only did we have two Y7s make their debut for the school, we also had Lilianah and Amalia making their debut for the boys team. They were picked by Kevin to start the game and both girls played extraordinarily well. Shout out to Amalia who played right back and stopped any threat down the left hand side from the home team.

The start of the game didn't go to plan as we quickly went 1-0 down but our team worked together to quickly equalise with Kevin scoring his first goal. It was a close first half with keeper Louie making lots of great saves and Kevin and Lushun having half chances. Centre back Iruchukwu was having an amazing game making lots of last ditch tackles.

In the second half, we took control of the game and our Y7 students were playing through balls to Kevin that ultimately turned into goals. A second half hattrick saw us 4-1 up. We seemed to be just a little too much for the home team who couldn't get through a strong defence! A great victory for the team.

Player of the match - Iruchukwu



### Jewellery and Bracelet- Making Enrichment | Miss Watkin

We have had another fun filled creative afternoon at the jewellery and bracelet making enrichment this week! Many students celebrated their different cultures and were inspired by the colours of their national flag when making their bracelet designs.



### Well-being Knitting | Mrs Swanton

Well done to Joseph for making these flower brooches – they are beautiful!



## GENERAL NOTICES

### Library News | Miss Brett

Exciting news from the library this week! We now have a library timetable, with plenty of fun clubs and activities. Pop into the library and check out our welcome board with all the details, or come and have a chat with miss Brett.

WELCOME  
to  
THE  
LIBRARY

#### COMPETITIONS

BOOK REVIEW OF THE MONTH

MONTHLY ART COMPETITION

QUOTE OF THE MONTH

ASK MISS BRETT FOR DETAILS

This week we have also launched our monthly competitions. Take part and you will have a chance to win a chocolate and an entry into the end of term raffle.

And, finally.....the loyalty cards are here! Come to the library to get yours!



**That's it for this week. Happy reading!**

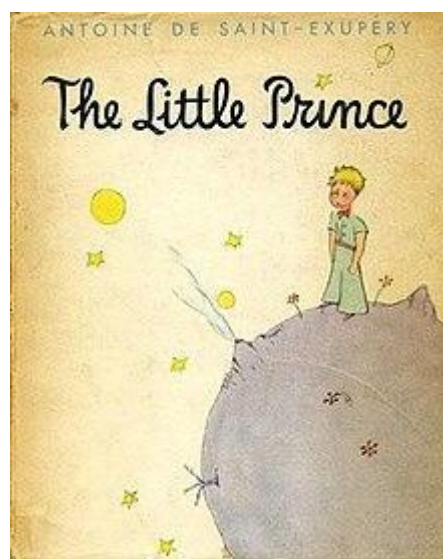
### Library Book of the Week | Miss Brett

Hello fellow readers! Our book of the week is "The Little Prince" by Antoine de Saint-Exupéry.

It's a lovely story about a pilot, who finds himself stranded in the desert and wakes up one morning to the site of an extraordinary little fellow standing before him. The boy – the little prince - asks the pilot to draw him a sheep, and so this weird and wonderful story begins. During their time spent together, the prince recounts his life story and all the planets he visited, and characters he met along the way.

Often seen as a symbol of childhood innocence, "The Little Prince" is cherished by children and adults alike across the globe. If you haven't read it, I won't spoil it for you. Just know that this book is here to remind us all what is truly important in life and is definitely worth reading.

Until next time!



## GENERAL NOTICES

### Message for KS4 | Mr Strachan

In our last newsletter, I mentioned the exciting opportunity we had to host a group of students from Spain. Today, we bid them a fond farewell as they return home, enriched by the unique experience of British school life. What truly made their stay special, however, was the warmth from all of the teachers that received them into their classes and of course the dedication of our Year 10 Greyfriars Chaperones (Buddies) who looked after them throughout their stay. These incredible Greyfriars students went above and beyond, showing unwavering enthusiasm, kindness, and support to our Spanish guests.

The positivity and helpfulness displayed by our them were nothing short of inspiring, and both their Form Teachers and I couldn't be prouder of their efforts. A heartfelt thank you goes out to Aoife, Imad, Isabela, Joseph, Adam, Alesha, David, Lorenzo, Shehar, Zariya, Izzy, Lian, Sinthia, and Eva for making this cultural exchange such a memorable and meaningful experience.

We can't wait to welcome our next group of overseas visitors—students from Mexico—next week! Stay tuned for more exciting adventures!

### 5 Ways to Well-being

Click on the logo to find out more.



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

Building small actions into your daily life can make you feel good, and feeling good is an important part of being healthy. There are 5 ways to wellbeing that are proven to make a real difference to you.



## GENERAL NOTICES

# HOMEWORK CLUB

**THE LIBRARY**  
**MONDAY-THURSDAY**  
**15.10-16.00**



**Christmas Fair**  
**Saturday 7<sup>th</sup> December**  
**2024**  
**11am – 2pm**

If you would like to support in any way, whether that is with the planning, setting up on the day, running stalls or simply making a donation, please contact Sophie UPELLINI via:

**[s.upellini@gfcs.uk](mailto:s.upellini@gfcs.uk)**

Donations of raffle prizes are much appreciated, including:

- unwanted gifts
- books
- games etc

Donations can be handed into main reception.

## Match Report | Mr Dunne

### Greyfriars U18s vs St Edwards U18s

On Thursday our U18s kicked off their ESFA Cup campaign with a home match against St. Edward's school. Thank you for the tremendous effort from Mr Weedon to get the pitch ready and playable after the recent floods we've experienced!

The U18s were unlucky to lose 4-1 but they showed good team spirit and Sam H scored a cracking goal to bring the scores level.

## GENERAL NOTICES



### Friends of Greyfriars

Friends of Greyfriars is an open and important community of parent volunteers working alongside the school and teachers to benefit the school. It is like a PTA. It is a group that aims to ensure the best educational and enrichment experience for all its students. Friends of Greyfriars is a reflection of the school in the wider community.

By joining the Friends of Greyfriars you can help the school to build a far more effective and up-to-date teaching and learning environment, for the benefit of all its students. Everyone is welcome, parents, carers, staff, governors, past students, past parents, anyone and everyone who cares about the school. Please join us and be a Friend.

If you are interested, please contact Sophie Upellini via: [s.upellini@gfcs.uk](mailto:s.upellini@gfcs.uk)

## Free School Meals



### Are you entitled?

Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)

- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household earnings must be less than £7,400 a year (after tax and not including any benefits you get).

If you would like to apply, please contact Fiona Easton for an application form via: [f.easton@gfcs.uk](mailto:f.easton@gfcs.uk)

## GENERAL NOTICES

### **Vacancy | Exam Invigilator - £12.80 per hour**

Greyfriars is looking for three casual Invigilator's to work with our exam's team to help the smooth running of exams at our school.

Responsibilities will include the correct conduct of external examinations in accordance with JCQ regulations and procedures issued by the Examinations Manager.

#### **An ideal candidate will:**

- ✓ be reliable, flexible and readily available during main exam periods
- ✓ have effective communication skills and good interpersonal skills
- ✓ work well as part of a team
- ✓ be confident and a reassuring presence to candidates in exam rooms
- ✓ be able to give instructions and manage situations involving different groups of people
- ✓ have basic IT skills (familiar with use of email, mobile phone messaging etc.)

#### **Main duties**

- To conduct examinations in accordance with the Joint Council for Qualifications (JCQ), awarding body and Greyfriars Catholic School regulations and instructions
- To have a key role in upholding the integrity and security of the examination/assessment process

#### **Application Details**

We hope you are interested in this exciting opportunity and would like to submit an application. To apply for the post of Invigilator, please contact the School Business Manager, Sophie Upellini Email: [s.upellini@gfcs.uk](mailto:s.upellini@gfcs.uk) or Tel: 01865 749933

**Greyfriars Catholic School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. The successful applicant for any position will be required to undertake an enhanced disclosure via the DBS (disclosure and barring system) and appropriate Right to Work clearances and our recruitment and selection practice**

**The Pope Francis Catholic Multi Academy Company (PFMAC) is a family of Catholic schools in Oxfordshire, who work together to promote the teaching of Christ and the Catholic faith.**

## GENERAL NOTICES

### Dates for your Diary

7 – 9 October | Open Mornings (appointment only)

8 October | Year 11 Driving School

14 October | Year 12 Geography trip to Jericho

18 October | Bletchley Park trip

24 October | Y10 Mini Plant visit

24 October | PFMAC Concert – Oxford Town Hall

28 October – 1<sup>st</sup> November | Half Term Break

4<sup>th</sup> November | First day of Term 2



### Breakfast Club

**Breakfast Club is open  
Mon – Fri 8.00am - 8.30am  
in our restaurant.**



Everyone is welcome to come and join us for breakfast club.  
Breakfast is free. Start your day with friends and food!

### SIMS Parent App – Download Now!

If you haven't already done so, please download our Parent App. This app enables you to view information regarding your child at school including their timetable, achievements, reports and messages from school. You should have received an invitation email that you must accept and this will then take you to a sign-in screen. You can then use your normal Facebook, Twitter, Google or Microsoft username and password to register.

### Vacancies

If you are interested in joining the team at Greyfriars Catholic School, please email our School Business Manager, Sophie Upellini via: [s.upellini@gfcs.uk](mailto:s.upellini@gfcs.uk) or visit:

<https://www.greyfriarsoxford.org.uk/join-us/vacancies> to view all our current vacancies.



## LOCAL EVENTS AND OPPORTUNITIES

# Volunteers needed

We are scientists looking for volunteers with and without period pain for our study. We are looking for **young people aged 11-20**, who have **periods** and do not take hormone medication (such as the pill or mini pill) for any reason. We will use **questions, brain scans and tests of different body systems** (nerves, bladder and heart) to try to understand period pain.

email  
[roadpain@wrh.ox.ac.uk](mailto:roadpain@wrh.ox.ac.uk)  
for more information



**RoADPain**



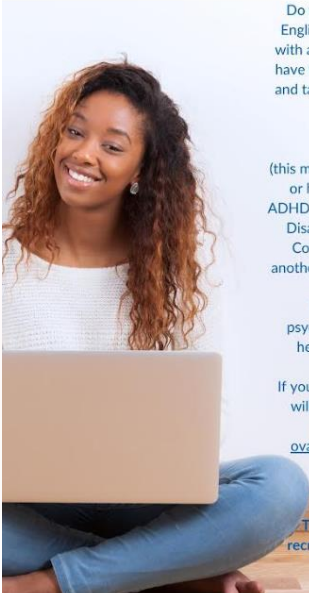
UNIVERSITY OF  
OXFORD



Advert 4 v1.0 24.01.2024 IRAS: 315427

### Autism research opportunity Oxford Health NHS Foundation Trust

## Can you help evaluate a new online autism assessment tool?



Do you live in the UK, speak fluent English and are aged between 13-18 with access to a laptop or desktop and have time to complete a questionnaire and take part in an online assessment?

**Are you neurotypical?**

(this means you do not have a diagnosis, or have characteristics, of Autism, ADHD, Tourettes, Tic Disorder, Learning Disability or Speech, Language and Communication Needs (SLCN) or another neurodevelopmental condition.

You are not experiencing a psychological, emotional or mental health problem at the moment?

If you meet the above criteria and are willing to help, please contact the OVAAT study team today:  
[ovaat.study@oxfordhealth.nhs.uk](mailto:ovaat.study@oxfordhealth.nhs.uk)

The OVAAT study is open for recruitment November 2023-May 2024.

# LOCAL EVENTS AND OPPORTUNITIES

**Join our Windale Gardening Group**

Oxford Hub

Open to all ages and abilities

Coffee tea and biscuits provided

Every Wednesday 10am-midday

Oxford Hub:  
Windale Avenue  
OX4 6JD

More info:  
donna@oxfordhub.org  
01865 745260

THE UNIVERSITY OF EDINBURGH

## Participants Wanted!

Are you 12-14?

Do you enjoy **listening to** or **playing music**?

Join an international study on **musical experience & emotional wellbeing** by filling in **3 anonymous surveys online!**

A chance for you to win vouchers of up to **£150!!**

Share the opportunity with your friends!

SCAN ME!

For more information <https://blogs.ed.ac.uk/scobhk-music/>  
Contact Ms Menchie Leung at [scobhk.music@gmail.com](mailto:scobhk.music@gmail.com)

## JOIN US ...

RAF Air Cadets recruiting now!

If you love aircraft, action and adventure, then the Air Cadets is for you. The Air Cadets is a UK-wide cadet force sponsored by the Royal Air Force. As a cadet, you'll get the chance to do things that others only dream about such as adventurous training, camps, drill and real flight experience. So if you're aged 12\* - 17 and you're looking for a challenge call 0345 600 6601 or log on to [www.raf.mod.uk/aircadets](http://www.raf.mod.uk/aircadets)

\*You must be in Year 8 (England & Wales), S2 (Scotland) or Year 9 (Northern Ireland).

2210 (Cowley) Sqn  
Sandy Lane West, OX4 6LD  
[www.aircadets.tv/2210](http://www.aircadets.tv/2210) Come join us on 16th of September at 8 pm! RSVP: <https://forms.office.com/e/4GWkdbHA61>

ROYAL AIR FORCE AIR CADETS  
the next generation

## TAKE THEM ON A JOURNEY!

**SCHOOLS VOLUNTEERS NEEDED**

Looking for a new challenge? Could you visit schools in your local area to deliver assemblies and workshops about CAFOD's work and encourage young people to take action, fundraise and pray with CAFOD? No experience necessary. Full support, resources and regular training provided.

FOR FURTHER DETAILS CONTACT:  
CAFOD Volunteer Centre  
Damien House, 23 High Street,  
Great Missenden HP16 5AA  
01786 114 390 | [northampton@cafod.org.uk](mailto:northampton@cafod.org.uk)

CAFOD Catholic Agency for Overseas Development

Charity no. 162584 and a company limited by guarantee no. 05887038. Illustration: Sam Osborne. Printed on paper from well-managed forests. © 2016

youth ambition

OXFORD CITY COUNCIL

## Youth Clubs

**FREE** EXCITING and EMPOWERING SESSIONS to connect and meet others aged 11 to 19 years. Come chill, have fun and enjoy activities, trips, games, cooking, gaming, arts & craft, music and so much more during school term times!

<b>KEEN Teens Session</b> (Inclusive social activities for those with disabilities and special needs, run in partnership with KEEN) Monday 5pm - 7.30pm (11-18yrs) St Clements Family Centre	<b>Girls Youth Club</b> (run in partnership with EMBS Community College) Wednesday 5pm - 7pm EMBS Community College, Templars Square
<b>Northway Youth Club</b> Tuesday 5pm - 7pm Northway Tower Playbase	<b>Littlemore Youth Club</b> Thursday 6pm - 8pm Littlemore Community Centre
<b>Rose Hill Boys Youth Club</b> (run by Rose Hill JCC) Wednesday 5.30pm - 7pm Rose Hill Community Centre	<b>Rose Hill Girls Youth Club</b> (run by Rose Hill JCC) Thursday 5.30pm - 7pm Rose Hill Community Centre
<b>Wood Farm Youth Club</b> Wednesday 5.30pm - 7pm Wood Farm Youth Centre	<b>Barton Youth Club</b> (run by Barton Community Association) Thursday 6pm - 8pm (12-18yrs) Barton Neighbourhood Centre

www.oxford.gov.uk/youthambition | @oxfordyouthambition | youthambition@oxford.gov.uk | 01865 252728

youth ambition

OXFORD CITY COUNCIL

## MultiSports

**FREE** Join our FUN PACKED multi-sport sessions for 11 to 19 year olds. Enjoy games, develop skills and gain confidence while making great friends!

- Football Session**  
Tuesday 10am - 5pm  
Oxford City Community Areas  
Marston
- Boxing Session**  
Friday 4pm - 5pm  
OMAA, Templars Square
- BBL Friday Multi-Sport Session**  
Friday 6pm - 7.30pm (11-18yrs)  
7.30pm - 9pm (13-19yrs)  
Leys Pools and Leisure Centre

## Aspiration

CAREER & EMPLOYMENT advice and support for 16 to 24 year olds at Rose Hill Community Centre

- CV Skills & Support**  
Tuesday 10am - 12pm
- Job Club**  
Tuesday 1pm - 3pm
- Employment Drop-in**  
Wednesday 10am - 4pm
- Post Employability Training (PEP 1/PEP 2)**  
Thursday 10am - 12.30pm
- Well Being Courses (Healthy Body, Healthy Mind)**  
Thursday 1pm - 3pm

www.oxford.gov.uk/youthambition | @oxfordyouthambition | youthambition@oxford.gov.uk | 01865 252728

## LOCAL EVENTS AND OPPORTUNITIES

### LEYS YOUTH HUB @ ORION ACADEMY

Fun, Free & Exciting Session for Young People

Location: ORION ACADEMY,  
KNIGHTS ROAD, BBL, OX4 6DQ

EVERY FRIDAY  
3.30pm - 6.30pm

GIRLS YOUTH CLUB

Sports, Art, Cooking & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact  
07483010739 or 01865 335884



### LEYS YOUTH HUB @ ORION ACADEMY

Fun, Free & Exciting Session for Young People

Location: ORION ACADEMY,  
KNIGHTS ROAD, BBL, OX4 6DQ

EVERY WEDNESDAY  
3.30pm - 6.30pm

Baking, Art & Craft

Music, Dance

Design & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact  
07483010739 or 01865 335884



### LEYS YOUTH HUB @ BLAP

Fun, Free & Exciting Session for Young People

Location: BLAP, MOORBANK,  
BLACKBIRD LEYS OX4 6HW

EVERY THURSDAY  
5.45pm - 7.45pm

Cooking, Sport

Art, Games

Movies & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact  
07483010739 or 01865 335884



### Low cost and free activities for families to enjoy together!

YouMove is brand new for Oxfordshire, providing low cost and free fun activities for families including weekends & school holidays.

Enjoy a fantastic range of activities including swimming, badminton, activity packs, children's holiday activities & so much more!

Find out more here:



YouMove is here to offer free and low cost activities for children on benefits related free school meals and their families.

**YOU MOVE**

### LEYS YOUTH HUB @ ORION ACADEMY

Fun, Free & Exciting Session for Young People

Location: ORION ACADEMY,  
KNIGHTS ROAD, BBL, OX4 6DQ

EVERY MONDAY  
3.30pm - 6.30pm

Cooking, Sport  
Games, Chill Out  
Movies & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact  
07483010739 or 01865 335884



### STRAWBERRY FAYRE Majorettes

Now Recruiting!

Ages 6+

Learn a new skill and have some fun in established Oxfordshire baton twirling/dance group that has been formed for over 30 years

Join our friendly display team and take part in performances, carnivals, parades, summer fetes and Christmas extravaganza's!

Training every Wednesday  
6.30pm - 8.45pm  
First session FREE

The Barn, Nightingale Avenue, Oxford, OX4 7BU

enquiries@strawberryfayre.uk

@strawberryfayremajorettes

@strawberryfayremajorettes



# LOCAL EVENTS AND OPPORTUNITIES



## Next steps to work or training

### We can support with

- Providing you with a laptop and data
- Paying for travel to work or training
- Looking for work or training
- Applications and interviews

### Get trained on how to use a laptop or mobile phone to help you

- Find and apply for courses
- Write your CV
- Apply for jobs



Ria 07498 351055  
ria@sofea.uk.com  
or  
Taraji 07507 121281  
taraji@sofea.uk.com



## LIVING WELL with NEURODIVERSITY



A new support service from Oxfordshire CAMHS in collaboration with AutismOxford UK Limited

Is your family open to / involved with CAMHS services?  
Is your young person either suspected or diagnosed as neurodiverse (autism/ADHD)?



## FREE COURSES AND SUPPORT FOR YOU!

A range of sessions available covering different topics.  
Informal spaces for Parents / Carers to safely share experiences / tips.  
Facilitated by professionals and lived experience practitioners.

Scan the QR code to access the events and resources!

<https://onhs.autismoxford.com/>

If you have any questions, please email us on [youngpeoplesupport@autismoxford.org.uk](mailto:youngpeoplesupport@autismoxford.org.uk)



Working together to deliver the best for our communities, our people & the environment



Outstanding care by an outstanding team

| Caring | Safe | Excellent |

## Parent Power

### We support local parents living in the OX4 area

Our team of Parent Advocates (local parents), Donna, Kerrisa and Kylie, can support you with:

- Practical and emotional support
- Connecting with your child's school or local organisations, such as attending parents' evenings with you.
- Connecting you to a network of parents so you can support each other.
- Help and support with form filling

Need help? Want to get involved?

Get in touch with the team:  
Email: [donna@oxfordhub.org](mailto:donna@oxfordhub.org)

Oxford Hub

[oxfordhub.org/parent-power](http://oxfordhub.org/parent-power)



### MANAGING FEELINGS AND BEHAVIOUR

Managing your own emotions in a busy family life can be tough. This 6 session course aims to help you feel empowered at managing situations knowing you are doing the best for your child and yourself.

#### Topics covered include:

- Emotional Regulation
- Positive discipline and setting boundaries
- Managing meltdowns effectively
- Using an emotion coaching approach

Where? John Henry Newman Primary School, Grange Road, OX4 4LS

When? Mondays 9am - 11am (6 sessions 16th September - 21st October)

Cost? It's free to families living in Oxfordshire (Ts & Cs apply)

TO BOOK A PLACE OR ASK A QUESTION, PLEASE CONTACT FAMILY LEARNING TUTOR PENELOPE LEA

E: [PENELOPE.LEA@ABINGDON-WITNEY.AC.UK](mailto:PENELOPE.LEA@ABINGDON-WITNEY.AC.UK)  
M: 07342 880 923



### MANAGING CHILDREN'S FEELINGS AND BEHAVIOUR

Struggling to manage challenging behaviour? You are not alone!

This course aims to help you feel empowered at managing those tricky situations knowing you are doing the best for your child and yourself.

#### Topics covered include:

- Emotional Regulation
- Positive discipline and setting boundaries
- Considering Neurodiversity
- Meltdowns: Brain and Body
- Listening and Empathy

Where? Parent Power at Oxford Hub, Windale Avenue, OX4 6JD

When? Tuesdays 9:30am - 11:30am. You are welcome from 9am for teas and coffees. 6 sessions 17th, 24th September, 1st, 8th, 15th, 22nd October

Cost? None! It's free to families living in Oxfordshire.

TO BOOK A PLACE OR ASK A QUESTION, PLEASE CONTACT FAMILY LEARNING TUTOR PENELOPE LEA

E: [PENELOPE.LEA@ABINGDON-WITNEY.AC.UK](mailto:PENELOPE.LEA@ABINGDON-WITNEY.AC.UK)  
M: 07342 880 923



### Effective Communication for SEN (4 week course)

Do you feel like you're talking, but nothing is going in?

Children with SEN can struggle to communicate.

They may find it difficult to express themselves, find the words they need, listen and comprehend language.

This can make a busy family life even more tricky.

Come and learn some approaches to communicating with your child and share with other parents.

#### Course Info

Where? John Henry Newman Primary School, Grange Road, OX4 4LS

When? Mondays 1pm - 3pm (4 sessions 16th September - 7th October)

Cost? Free to families living in Oxfordshire (Ts & Cs apply).

To book a place, or ask a question, contact:

[penelope.lea@abingdon-witney.ac.uk](mailto:penelope.lea@abingdon-witney.ac.uk)  
07342 880 923

#### Topics covered include:

- how we communicate and what the barriers can be
- thinking about a total communication approach
- using hand signs to support speech
- using visual aids (e.g. pictures, visual timetables, now and next boards and objects)



## LOCAL EVENTS AND OPPORTUNITIES



ÉIRE ÓG OXFORD

### YOUTH GAELIC FOOTBALL

**NURSERY**

SATURDAYS 10.30 -11.00 AT OUR LADIES SCHOOL  
COWLEY OX4 3LX

**U7S, U9S**

THURSDAYS 6.30-7.30 BOXHILL RECREATIONAL  
GROUND, ABINGDON OX14 2EL

**The Curious Incident of the Dog in the Night-Time**

ADAPTED BY SIMON STEPHENS  
BASED ON THE NOVEL BY MARK HADDON

**31<sup>ST</sup> OCTOBER TO 2<sup>ND</sup> NOVEMBER**  
KING ALFRED'S ACADEMY THEATRE  
WANTAGE  
**7.30PM**

RELAXED PERFORMANCE SATURDAY 2<sup>ND</sup> NOVEMBER 2.30PM

TICKETS AND INFORMATION  
[WWW.AMEGOSTHEATRE.COM](http://WWW.AMEGOSTHEATRE.COM)

THIS AMATEUR PRODUCTION OF 'THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME' IS PRESENTED BY ARRANGEMENT WITH CONCORD THEATRICALS LTD. ON BEHALF OF SAMUEL FRENCH LTD.

**PARENT WEBINAR** Oxford Health NHS Foundation Trust

Parents are the most important part of young peoples lives and hold the key to helping them. Let us, help you, to help them.

**CAMHS**  
Child and Adolescent Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

**SUBJECTS INCLUDE**

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD

WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS

## Supporting a Child with ADHD



Challenge the stereotypes and get practical help

**Tuesday 24th Sept (7pm to 9pm) £24**

Available to book now  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



**FACE**  
Family Advice • Information • Education

### SEP/OCT TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each  
Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

<b>FREE SESSIONS</b> Supporting Kids with School Anxiety Introduction to Facing Defiance	<b>26 SEP</b> <b>24 OCT</b>
Understanding Anger	23 SEP
Supporting a Child with ADHD	24 SEP
Understanding the Teenage Brain	7 OCT
Raising Self-Esteem	8 OCT
Decreasing Depression	15 OCT
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Drug Awareness for Parents	22 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Understanding Addictive Behaviour	31 OCT
Improving Family Communication	4 NOV
Raising Self-Esteem	5 NOV

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) info@facefamilyadvice.co.uk