

Weekly Newsletter

Friday 18th October 2024 | Issue 6

Dear families

The Gospel this week included the famous line about it being easier for a camel to pass through the eye of a needle than a rich man to enter the Kingdom of Heaven. It is a reminder to us that God sees what is in our hearts, and a warning to not be distracted by objects and money. It is easier to aim for things that we want to own or get, but what really matters is our human connection with each other. We are a human family and our love lives on in people. This is a core part of our teaching here at Greyfriars and we communicate this in every interaction.

I was delighted this week to go with Mr Greer – who is our Leader for Catholic Life and Mission – to a lecture in London about Catholic Social Teaching. The lecture was by Raymond Friel, who writes about Catholic education. It was a reminder of the importance of the work we do, but was also reassuring to speak to other leaders and see that the work we do here in the school is truly excellent and really powerful. We see this in our work every day, but it was great to have this validation.



I am so proud of our students and the work they do every day to build a strong and happy school community.

We are looking forward to our last week of the first term.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel: Mark 10:17-30



"As Jesus was setting out on a journey, a man ran up, knelt down before him, and asked him, 'Good teacher, what must I do to inherit eternal life?' Jesus answered him, 'Why do you call me good? No one is good but God alone. You know the commandments: You shall not kill; you shall not commit adultery; you shall not steal; you shall not bear false witness; you shall not defraud; honour your father and your mother.' He replied and said to him, 'Teacher, all of these I have observed from my youth.' Jesus, looking at him, loved him and said to him, 'You are lacking in one thing. Go, sell what you have, and give to the poor and you will have treasure in heaven; then come, follow me.' At that statement his face fell, and he went away sad, for he had many possessions.

Jesus looked around and said to his disciples, 'How hard it is for those who have wealth to enter the kingdom of God!' The disciples were amazed at his words. So Jesus again said to them in reply, 'Children, how hard it is to enter the kingdom of God! It is easier for a camel to pass through the eye of a needle than for one who is rich to enter the kingdom of God.' They were exceedingly astonished and said among themselves, 'Then who can be saved?' Jesus looked at them and said, 'For human beings it is impossible, but not for God. All things are possible for God.' Peter began to say to him, 'We have given up everything and followed you.' Jesus said, 'Amen, I say to you, there is no one who has given up house or brothers or sisters or mother or father or children or lands for my sake and for the sake of the gospel who will not receive a hundred times more now in this present age: houses and brothers and sisters and mothers and children and lands, with persecutions, and eternal life in the age to come.'"

Reflection

"What must I do to inherit eternal life", in other words, happiness? "Eternal life" is not only the afterlife, but is a full life, fulfilled, without limitations. What must we do to achieve it? Jesus' answer restates the commandments that refer to loving one's neighbours. Money, pleasure, success dazzle but then disappoint. The Lord asks us to detach ourselves from these false riches in order to enter into true life, the full, authentic, luminous life which involves laying earthly goods aside to follow something better.

Loving Lord, all I have is yours. May I never hold on to your gifts so tightly that they begin to hold on to me. May my hands be open, both to receive your blessings, and to let them go. Amen.



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

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

GENERAL NOTICES

Library News | Miss Brett

Hello fellow library lovers! I hope you had a lovely week. Have you been to the library recently? We have some lovely mini displays to peruse.



Additionally, a lot of new books have now arrived and I am working really hard to add them to the catalogue for everybody to enjoy.

Remember, there's still time to take part in our monthly competitions, so be sure to join in and you might win a prize!



WELCOME
to
THE
LIBRARY



On another note...

When chatting with students this week, I used the word “articulate” and some weren’t sure what it meant. That gave me an idea. From now on, the word of the week will be a feature in this little brief, so we can all (me included!) learn some interesting vocabulary together. Feel free to suggest words that you want to introduce to your fellow students and staff at the school.



(verb) To pronounce distinctly; to utter, give utterance to. Also: to express in words, esp. clearly and fluently. [Oxford English Dictionary]

EXAMPLE: *She found it difficult to articulate her feelings.*

Can **YOU** come up with another example? Go on, have a go!

(ps. It can also be used as an adjective, but let’s stick to one meaning at a time 😊).

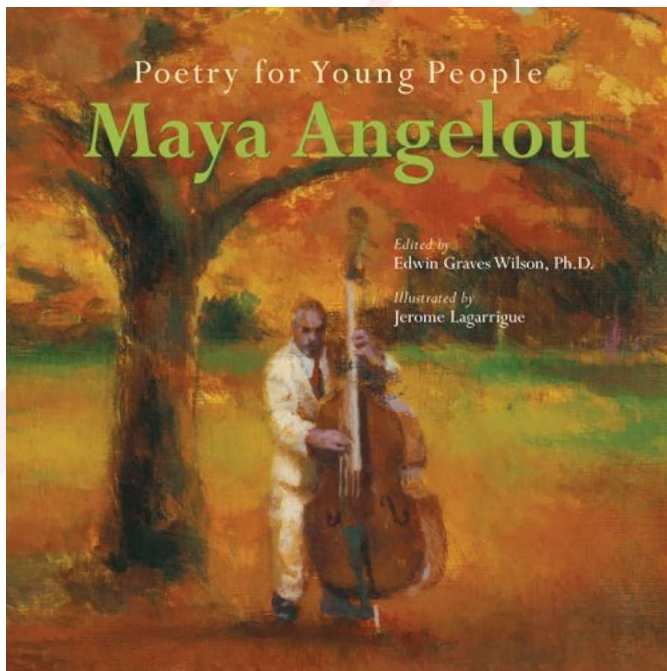
**That’s it for this week.
Happy reading!**

And finally, the after school crochet club has been moved to Tuesday, so I hope to see you there next week.

GENERAL NOTICES

Book of the Week

Written by Nevaeh Francis-Sylvester



Happy Black History Month! This October to commemorate ten years since the passing of Maya Angelou (1928 - 2014) - one of the world's most famous and beloved African American poets - this week's book of the week is 'Poetry for Young People' by Maya Angelou.

Featuring a collection of her famous poems including: "Still I Rise", a personal favourite and mantra that both Serena Williams and I (and most assuredly multiple others around the world), say to motivate and encourage ourselves. Angelou's heart-warming poems coincide with wonderful illustrations in this book. Did you know, many of today's writers consider text messaging to be a form of poetry.

Despite all of the racism, discrimination and further challenges Maya Angelou faced in the 20th century in America, she was blessed with the extraordinary ability to transform her feelings into words, those words into poems, and these poems into our hearts. Although Angelou's time has past, her poems live on and we can keep her memory alive through the use of "Still I Rise" as a personal mantra and in our text messages.

This month our library is hosting a poetry competition. For more details please visit Miss. Brett in the library.

HOMEWORK CLUB

THE LIBRARY
MONDAY-THURSDAY
15.10-16.00



GENERAL NOTICES

Year 9 Art | Ms Couzens

Year 9 Art students are exploring all things 'Perspective' and looking at how we use perspective in architecture and how all things created by machines would be non-functional without the use of perspective in design.

The students have explored varied shapes in 3 dimensions and how to construct a simple architectural room and have explored three dimensional lettering. In conjunction we have investigated the use of Patterning and Colour combinations in art and design.

Here is an example of a final 3D name.



Congratulations!

A huge congratulations to Darcy who came first in the Blackpool Freestyle Championships that took place at the Winter Gardens, Blackpool at the weekend. What an amazing achievement.



Well done!

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

Careers | Miss Manns

Young Drivers

We were delighted to invite Young Drivers back to Greyfriars to run their second driving session with our students. During the 10 minute session, each student that was invited to participate tried their hand at parallel parking, emergency stops and using their mirrors to reverse (just to name a few skills) in a manual Corsa. This was an amazing opportunity for students to grow their confidence all while learning the rules of the road.



**LEARN TO DRIVE NOW
WITH YOUNG DRIVER
NO NEED TO WAIT UNTIL YOU'RE 17!**

youngdriver.com

WE HAVE BEEN TO YOUR SCHOOL TODAY

YOUR SCHOOL'S SPECIAL OFFER - 20% OFF YOUR LESSON

WHY YOUNG DRIVER?
Learning early and over a longer period of time = safer more competent drivers, and it's great fun.
Learning early reduces accidents rates in the first few years by up to 80%.
Over 1.4 million lessons delivered.

Simply visit our website: youngdriver.com and use code **YDF20** at checkout.

T&Cs apply. Cannot be used in conjunction with any other offers.

As a thank you for having Young Drivers in school, they have shared a 20% discount code for their weekend sessions hosted at the Kassam Stadium. The next weekend event is 9 November 2024. Simply visit www.youngdriver.com and use code YDF20 at checkout.

Careers in Focus Enrichment

This term a select group of students have had the opportunity to meet with different members of our community to learn about what they do for work. Recently we have had Dr Sophie come in to speak about a day in the life of a GP and Dennis and Matt come in to speak to us about working in the built environment (construction industry). Next week students will have the opportunity to travel to the Royal Horticultural Society in Wisley to explore the jobs available in horticulture. Stay tuned to see who we speak to next!

If you have any questions or require more information about any of our events, please feel free to get in touch via careers@gfcs.uk

For lots of useful information regarding careers, please click:

[OxLep Picks of the Week](#)



GENERAL NOTICES

SAVE THE DATE!

Year 7 Parent Consultation Evening

14th November 2024

4pm until 7pm

It is important for parents and carers to attend as it is an opportunity to discuss your child's progress.



Appointments will be made through our online booking system (more details to follow).

SPARX Update | Mr Secker

Leader Board

WEEK 7 Sparx Maths

Total hours spent on Sparx this year

1,719 hrs

Number of questions answers correctly

99,548

XP Champions THIS YEAR 17/10/24

Name	Year	Total XP
Mithun R K	9	18,607
Da Vinci T	8	14,338
Chris J	8	9,338
Ana Paula C	8	9,253
Natasha J	9	7,940
Aisha R	10	7,421
Yurume E	9	7,321
Jenellov M	9	6,852
Nedia D C L S	8	6,752
Aminata J	9	6,528
Nifemi A-I	11	6,292

XP Champions for ALL TIME 17/10/24

Name	Year	Total XP
Ana Paula C R	9	276,007
Da Vinci T	8	234,138
Isabelle H	9	178,653
Jack C	9	160,921
Klea L	9	150,921
Hajira R	11	130,652
Kryspin B	10	117,228
Ahmad R	9	98,705
Shehar B	10	94,568
Llan G	10	86,503

XP Champions for LAST WEEK

Name	Year	XP POINTS
Kornelia P	11	1,975
Amelia P	11	1,445
Shamashaura L	10	2,640
Aisha R	10	1,909
Mithun R K	9	8,271
Nathan N	9	3,288
Chris J	8	2,618
Aminata J	8	2,002
Karina R	7	3,375
Ganuli R M	7	1,735

GENERAL NOTICES



Christmas Fair
Saturday 7th 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

Donations of raffle prizes are much appreciated, including:

- unwanted gifts
 - books
 - games etc

Donations can be handed into main reception.

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

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

GENERAL NOTICES

Dates for your Diary

22 October | Y10 RHS Garden Wisley trip

24 October | Y10 Mini Plant visit

24 October | PFMAC Concert – Oxford Town Hall

28 October – 1st November | Half Term Break

4 November | First day of Term 2

11 - 17 November | Anti-bullying Week

11 November | Remembrance Service

12 November | Future Fest



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 or visit:

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



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

31ST OCTOBER TO 2ND NOVEMBER
KING ALFRED'S ACADEMY THEATRE
WANTAGE
7.30PM

RELAXED PERFORMANCE SATURDAY 2ND NOVEMBER 2.30PM

TICKETS AND INFORMATION
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 NHS 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

WRITERS AGES 8-18:

Join Oxford Writers' House for a FREE WRITING WORKSHOP!

Peregrine's Curious Collection Mini Book Launch and Young Writers' Workshop:
6 November, 2024:
Curio Bookshop, Jericho
5-7pm
Tickets are FREE, but spaces are limited.

Young authors and guardians are welcome!
Register by visiting oxfordwritershouse.com/events

- Master fun techniques!
- Learn about the Peregrine Prize for Young Writers!
- Learn what editors and illustrators look for in a great story!

SEP/OCT TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
Book online at facefamilyadvice.co.uk

FREE SESSIONS Supporting Kids with School Anxiety Introduction to Facing Defiance	26 SEP 24 OCT
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 info@facefamilyadvice.co.uk

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
for more information



RoADPain



UNIVERSITY OF
OXFORD

Advert 4 v1.0 24.01.2024 IRAS: 315427



Autism research opportunity 

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

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



STUDY SMART
Free Online Courses 

ncfe | cache 

Fully Funded School Support Course

www.studysmartuk.online

Available in Levels 1, 2 & 3

CACHE Certificate in Understanding Safeguarding & Prevent
CACHE Certificate in Understanding Challenging Behaviours
CACHE Certificate in the Principles of SEN

Six Week Course
Mon - Fri
1st session 9:30 - 11:30am
2nd session 12:30 - 2:30pm
3rd session 4 - 4:30pm
(optional session for reflection and support if needed)

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

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

*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 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 CAFOOD's work and encourage young people to take action, fundraise and pray with CAFOOD? No experience necessary. Full support, resources and regular training provided.

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

CAFOD Catholic Agency for Overseas Development

Charity no. 162584 and a company limited by guarantee no. 05887208. Illustration: Sam Osborne. Printed on paper from well-managed forests. © 2016

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!

- KEEN Teens Session** (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
- Girls Youth Club** (run in partnership with EMBS Community College)
Wednesday 5pm - 7pm
EMBS Community College, Templars Square
- Northway Youth Club**
Tuesday 5pm - 7pm
Northway Tower Playbase
- Littlemore Youth Club**
Thursday 6pm - 8pm
Littlemore Community Centre
- Rose Hill Boys Youth Club** (run by Rose Hill JCC)
Wednesday 5.30pm - 7pm
Rose Hill Community Centre
- Rose Hill Girls Youth Club** (run by Rose Hill JCC)
Thursday 5.30pm - 7pm
Rose Hill Community Centre
- Wood Farm Youth Club**
Wednesday 5.30pm - 7pm
Wood Farm Youth Centre
- Barton Youth Club** (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

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
- Bowling Session**
Friday 10am - 5pm
OMAA, Templars Square
- BBL Friday Multi-Sport Session**
Friday 6pm - 7.30pm (11-18yrs)
7.30pm - 9pm (15-19yrs)
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

No Literacy Programme funded by

OxLEP SKILLS **aspire** **SOFEA**
In partnership with our delivery partners

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 **NHS** Oxford Health NHS Foundation Trust

A new support service **Autism Oxford UK Limited**
from Oxfordshire CAMHS in collaboration with

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! **ADHD** **AUTISM**

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

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

| Caring | Safe | Excellent | **MISSION VALUES VISION** Outstanding care by an outstanding team

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

Oxford Hub
oxfordhub.org/parent-power



Oxfordshire Adult Learning A UNIVERSITY OF OXFORD & WITNEY COLLEGE

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

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Oxfordshire Adult Learning A UNIVERSITY OF OXFORD & WITNEY COLLEGE

MANAGING CHILDREN'S FEELINGS AND BEHAVIOUR **Oxford Hub**

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.

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AGED 14-18? LIVE IN OXFORDSHIRE?

SHAPE YOUR STREETS!

WHEN: October 29th-30th (Half Term)

WHERE: The Oxford Academy

WHO: 15 places available

Oxfordshire County Council and Bite Back are looking for 10-15 young people to become Community Food Champions!

Over two days work as a team to help make your local area healthier and happier.

Develop teamwork and communication skills for your CV, and make a positive impact on the food you and your friends, family and community can eat every day.



DEVELOP YOUR SKILLS

Teamwork
Problem-solving
Communication
Advocacy
Great for your CV!



FREE

Transport cost covered
Lunch provided
£25 voucher for taking part



APPLY

Find out more or Apply here

