

# Weekly Newsletter

Friday 25<sup>th</sup> October 2024 | Issue 7

Dear families

Last Saturday, I was lucky enough to join the Salesian community in Our Lady Help of Christians in Cowley to celebrate 100 years of the Salesian Sisters in Cowley at Elmthorpe Convent. It was a moving celebration filled with love and joy. We started our final week reflecting on this event and Luke's Gospel, which was the reading on Saturday. The message '*Happy the eyes that see what you see*' brought attention to what the Sisters have seen over 100 years in Cowley. It was a powerful message to start our week. At Greyfriars, we link our well-being to spirituality and Catholic Social Teaching. Doing good makes us happy. In an echo of the start of term, it tells us that we need to notice the good in the world around us, so we too can do good things too. Sometimes, we need to remind ourselves of the work that happens all around us.

It has been a busy final week and you will see that there have been a lot of joyful community events this week (including more details of the centenary celebration below). It is such an honour to work and serve the families in our community in the way we do. We end the term feeling really proud of the way we look after each other and the joy we find in this.



Finally, next term, our focus for the term is solidarity. As part of this, each class will be asked to bring in a donation in a mix of a late Harvest Festival and Advent. We will distribute this to families in need and our local food bank. We understand that some families will not be able to participate in this due to their own challenges and we understand this. A timetable for form groups will be sent in the new term.

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

Happy half term – I hope it allows time to spend with families and loved ones.

Lyndsey Caldwell

P.S. Don't forget the Christmas Fair on 7th December. Save the date!

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

### Gospel: Mark 10:35 - 45



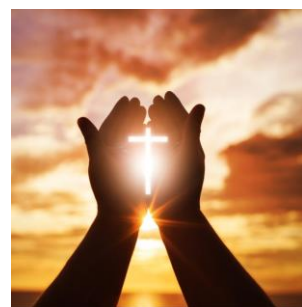
James and John, the sons of Zebedee, came to Jesus and said to him, 'Teacher, we want you to do for us whatever we ask of you.' He replied, 'What do you wish me to do for you?' They answered him, 'Grant that in your glory we may sit one at your right and the other at your left.' Jesus said to them, 'You do not know what you are asking. Can you drink the cup that I drink or be baptized with the baptism with which I am baptized?' They said to him, 'We can.' Jesus said to them, 'The cup that I drink, you will drink, and with the baptism with which I am baptized, you will be baptized; but to sit at my right or at my left is not mine to give but is for those for whom it has been prepared.' When the ten heard this, they became indignant at James and John. Jesus summoned them and said to them, 'You know that those who are recognized as rulers over the Gentiles lord it over them, and their great ones make their authority over them felt. But it shall not be so among you. Rather, whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all. For the Son of Man did not come to be served but to serve and to give his life as a ransom for many.'

#### Reflection

God did not remain above in heaven to look down on us from up there, but he lowered himself to wash our feet. God is love and love is humble, it does not exalt itself, but comes down like the rain that falls to earth and brings life. But how can we adopt the same direction as Jesus, going from raising ourselves up to immersing ourselves, from the mentality of prestige, worldly prestige, to that of service, Christian service? Dedication is needed, but that is not enough. It is difficult alone, but not impossible, for we have a strength within that helps us. It is grace, a fire that the Spirit has kindled in us that needs to be nurtured.

*Holy, life-giving Spirit, infuse in us your ability to remain present to your people. Help us to be there, to be right there, for the people who need us. There for young people, there for the elderly, there for the brokenhearted; fire our hearts with your life-changing presence. Even though we know you to be everywhere and in everything, give us the ability to be fully in one place at a time, open and ready to love.*

*Amen.*



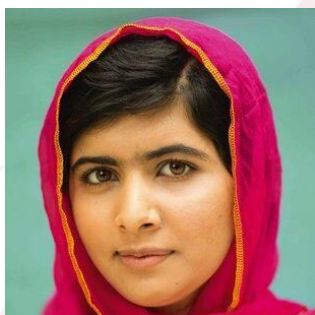
To view the St Edmund and St Fireside (Greyfriars) parish website please click on the following link:

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

## GENERAL NOTICES

### Special message about Malala Yousafzai Fund

We were delighted to welcome some visitors from Pakistan on Wednesday. Led by Oxford University's Associate Professor of Education, Ann Childs, our visitors spent the day immersed in the school community.



Our visitors are all leaders in initial teacher training in Pakistan. Salma Alam is the CEO of Durbeen. Salma has been working in education for many years; first as a teacher and then moved into educational policy and reform. Durbeen is a non-profit organisation that is working to improve education. Joining her was Dr. Fauzia Shamim, a Professor from Ziauddin University, Karachi, Pakistan. Additionally, we also had Shezad Roy, who is the founder of Zindagi Trust. (He is a musical superstar in Pakistan and was recognised by one of our pupils!) Not just adding a superstar touch,

Sherzad is also committed to improving education in Pakistan with the Zindagi Trust, which aims to transform lives through education (pictured below).

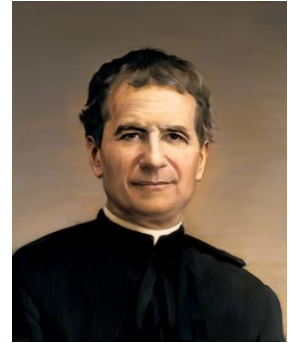
It was a joyful visit and it was wonderful to share our school story with our visitors. It is good to know the work we do here has touched the lives of others. Zindagi means life in Persian and it is a wonderful example of how education transforms lives. It is a useful reminder to children that our lives are shaped by our education and it is a privilege to be part of a community that recognises this. We were proud of our Greyfriars community.



## GENERAL NOTICES

### Celebrating 100 years of Salesian Sisters in Cowley

I was delighted to represent Greyfriars at the centenary of the Salesians Sisters in Elmthorpe. Inspired by St Francis De Sales, Saint John Bosco founded the Salesian order in Italy in 1859. He dedicated his life to teaching disadvantaged young people in an attempt to make their lives better. He developed teaching methods based on love. Wherever the Salesians work, their mission is the same, for they *'are called to be signs and bearers of God's love for the young.'* The nuns in the convent in Cowley have supported children in our community for decades. It was an emotional event as the Sisters renewed their vows.



Sister Pat, who many of our children will know well, was there and it was wonderful to see our dear friend. I managed to get a selfie, but didn't quite manage to fit Don Bosco in the background! Sister Pat has moved to Battersea but still helps us remotely and even 'pops over' on occasions. Sister Pat exemplifies the Salesian mission to be the sign and bearer of God's love. We love her. Of course, she also introduced me to His Grace, Bishop Bernard. He is delighted with the work we are doing and says he will visit us too – so watch this space! Our friend and neighbour, Tara Davies, Headteacher at Our Lady's was also there championing the Salesian mission.



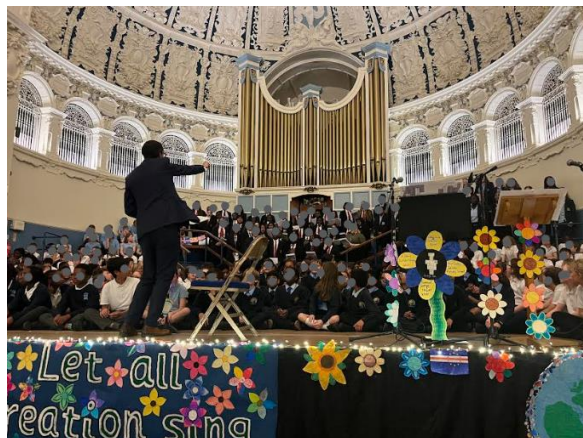
This was a community event and it was wonderful to see so many of our Greyfriars students there – some with little brothers and sisters at Our Lady's Cowley. Here is Gabriel meeting Bishop Bernard too after leading younger children as servers. What a joyful Saturday in the community!



## GENERAL NOTICES

### PFMAC Concert, Oxford Town Hall

We were delighted to take 43 students from our Vocal Group to the Town Hall on Thursday Evening to join our Pope Francis Multi Academy Company. The festival built on the success of last year's Stronger Together Music Festival. This year, our theme was We are the Change Makers. Its theme centred around our Stewardship of God's Creation: looking after our planet. It was absolutely joyful and was a real celebration of our school coming together with the other Catholic Schools in the community.

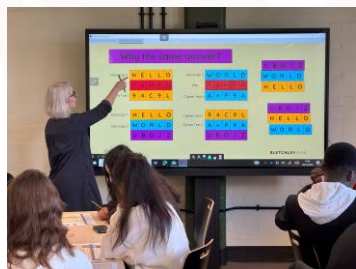


Our students were literally centre stage! They were excellent ambassadors for our school and were great role models for the younger students.

A special thanks goes to Mr Dingley who conducted all the students – around 350! Thanks too to Ms Worrall and Mr Kavanagh who supported the festival through the day. I am sure the day felt intense, especially with so many much younger students, but the result was exceptional. It was a joyful event to end our first term.

### Bletchley Park Trip | Mr Secker

Last Friday 48 students from Years 9-12 took an excursion out to Bletchley Park. During the day they learned lots about the important part Bletchley park played in World War 2. The students learned about how, through codebreaking, they were able to identify key positions of Germans forces and ultimately helped set up D-day landings safely. They were also given the opportunity to code, cipher for themselves and explore the rich community created there to help end the war. The students were fantastic and really got stuck into the challenging code-breaking tasks and showed real interest in the role played here during the 1940s.



## GENERAL NOTICES

### Library News | Miss Brett

Hello fellow library lovers! And just like that we've reached half-term. Do you have any interesting reads planned for the break? When we get back, it will be November, if you can believe it! That means new competitions, displays, and a brand new theme of the month – 'All Saints'.

Our competitions will restart at the beginning of each month, so there's always time to take part. Additionally, there will be a special competition for



It's our own take to appreciate the importance of non-fiction, and maybe even take this opportunity to learn something new this month. I have prepared a special display, so if you don't think you remember any facts, come up and have a browse. Write your favourite fact on a special bookmark that you can get from the library and hand it to Miss Brett for a chance to win a prize.



WELCOME  
to  
THE  
LIBRARY



**FLABBERGASTED**

(adjective) feeling shocked, usually because of something you were not expecting.

**EXAMPLE:** *When they announced her name, the winner just sat there, flabbergasted.*

[Cambridge Online Dictionary]

You probably don't get the picture reference unless you're as... mature as I am :D. I do believe that it stands on its own and conveys the meaning perfectly. Remember, you can also suggest words that you want to introduce to your fellow students and staff at the school.

Lastly, we have a few students who are making very good progress filling up their Library Loyalty Cards. Keep reading, you're doing a great job 😊.

**That's it for this week. Have a happy and restful week everyone!**

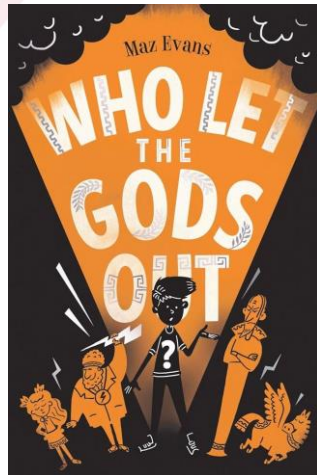
## GENERAL NOTICES

### Book of the Week

Written by Lian G

Who Let the Gods Out?- Maz evans

This book is great! It's the first part to a thrilling and humorous four-part book series. It focuses greatly on Greek mythology and puts into perspective the personalities of these deities in a simple and silly way. I found it hilarious and I still do. It was a wonderful read and packed with thrilling adventure!



## HOMEWORK CLUB

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



### Oxford Mini Plant Trip | Mr Thomas



Our Year 10 Product Design class visited the Mini Plant today to further their knowledge of modern mass production systems. They had a full tour of the factory seeing at close range everything from the car body shells being assembled by robots to the last wheel being attached and then the cars being tested remotely via Bluetooth. We learnt that a new £600 million building is under construction for Electric Minis to support the move away from the use of fossil fuel.



We also learnt that 800 Minis per day are made and that each one takes 22 hours from start to finish. Parts for the cars are supplied from as far away as Ukraine and 80% of the cars are left-hand drive for sales outside of the UK. The first picture is a Morris Bullnose built in 1912 and the second is a 1995 racing mini.

Our tour guide told the group at the end that we were the best behaved and nicest school group he'd had for a long time. Well done!

## GENERAL NOTICES

### Message for Year 7 | Mr Weedon

It has been a really great term for our Y7s, who are fully integrated into the school and really starting to make this school their own. There has been an amazing effort in lessons with outstanding achievements through all four groups and a fantastic spirit being built in the year.

I hope that everyone has a safe and wonderful half term break!

#### Top achievement points this week

7TT- Lena and Annie

7RM – Francis and Esther

7LS – Syed and Piti

7BM – Robert and Haider

**Well  
done!**



### 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).

### Anti-Bullying House Football Competition | Mr Weedon

This week we have run a house event for Y7 and Y8. Participation was outstanding, the atmosphere amazing, and the effort from all involved was unbelievable. We had such a good time. Our Anti-Bullying Ambassadors ran the event after school; they refereed the games and coached the teams. Tutors also supported the event, coming down to the Astro to see how their tutor group were getting on. The highlight of the event was a Y8 penalty shoot-out to see who went through to the final. The teams had to go round twice before we got a winner.

Thank you for donating to the event, this money will go towards training courses for our new anti-bullying ambassadors and the future events they run.

We will be running house events each term, adding each year groups results together throughout all year groups find the ultimate winner! Next term it will be a basketball competition. – get shooting hoops!

## GENERAL NOTICES

### A Message for KS4 | Mr Strachan

We've reached the end of a dynamic and inspiring first half-term, marked by resilience, growth, and dedication. The social and academic progress shown by our Year 10s and 11s has been truly commendable, and we look forward to even more achievements ahead.

I want to congratulate all our students for their efforts to grow in character and conduct, and for embracing key responsibilities: maintaining good attendance and punctuality, adhering to uniform standards, and showing respect for our school environment and each other. These positive values continue to enrich our community and strengthen our character.

A special acknowledgment goes to the following students, who have demonstrated these values exceptionally well, earning the highest number of house points in each Form Class this term.

Congratulations to: **YEAR 10**  
Safian 10SC – 198pts  
Izzy 10JEM – 175pts  
Mfoniso 10JML – 166pts

**YEAR 11**  
Dylan 11MJ – 98pts  
Nifemi 11WK – 119pts  
Stuthi 11JS – 119pts



### Basketball Club Term 2 | Mr Roman

Our Basketball Club kicks off in Term two and welcomes all students—just drop by the Sports Hall, no registration needed.

Schedule:

Mondays, 15:20 - 16:30: Girls, Years 7 & 8

Tuesdays, 15:20 - 16:30: Boys, Years 7 & 8

Tuesdays, 15:20 - 16:30: Boys, Years 9, 10 & 11

Bring your energy, enthusiasm, and a love for the game.

See you on the court!



## GENERAL NOTICES

### Message for Year 8 and Year 9 | Mrs Reddy

As we conclude the first term, we celebrate a strong start with improvements in uniform, attendance, and equipment. A special thanks to our Year 9 students and teachers for warmly welcoming the Spanish and Mexican students into our community. We also want to commend the Year 8 and Year 9 guides for their outstanding poise and representation during 'Meet the Tutor' and Open Evening—your enthusiasm was truly appreciated!

Next term, the focus will be on our Y8s and Y9s being in the right place at the right time, as we encourage students to take ownership of their education. Parents, your continued support in encouraging and promoting this positive environment is invaluable. We wish all our students a well-deserved and restful break!

#### Students leading the way!

Year 8	Year 9
Khadija	Oscar K
Morizo	Daniel O
Darcy B	Samayrah
Mazvita	Progress
Izzy	Fantasia
Thancia	Chrisayon



**Congratulations to all students with 100% attendance.**

Thank you to the tutors for their ongoing support. Keep on striving to be a better version of yourself Y8 and Y9!

### Sparx Update | Mr Secker

#### WEEK 8 Sparx Maths

Total hours spent on Sparx this year

2,053 hrs

Number of questions answers correctly

121,548

#### XP Champions THIS YEAR 24/10/24

Name	Year	Total XP
Mithun R K	9	26,607
Da Vinci T	8	16,338
Chris J	8	10,738
Ana Paula C	8	10,653
Samayrah K	9	8,654
Yurume E	9	8,321
Natasha J	9	8,140
Aisha R	10	8,121
Jenellov M	9	7,552
Aminata J	9	7,428
Mithun R K	9	26,607

#### XP Champions for ALL TIME 24/10/24

Name	Year	Total XP
Ana Paula C R	9	277,007
Da Vinci T	8	236,138
Isabelle H	9	178,953
Jack C	9	160,921
Klea L	9	150,921
Hajira R	11	130,652
Kryspin B	10	118,228
Ahmad R	9	98,705
Shehar B	10	94,568
Llan G	10	87,503

#### XP Champions for THIS WEEK

Name	Year	XP POINTS
Sherleigh W	11	1,575
Stephanie D	11	1,195
Noah B	10	1,040
Romania S	10	1,009
Mithun R K	9	3,771
Ryan T	9	2,188
Ayesha J	8	1,618
Devine E	8	1,302
Sabella O	7	1,575
Hannah J	7	1,435

**Well done everyone – keep up the good work!**

## GENERAL NOTICES

### Careers | Miss Manns

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](mailto:careers@gfcs.uk)



For lots of useful information regarding careers, please click:

[OxLep Picks of the Week](#)

Picks of the Week Special | Green Careers Week 2024

[Green Careers Week 2024](#)



### RHS Garden, Wisley Trip | Mr Dunne

On Tuesday, a small group of Year 10 students visited RHS Garden in Wisley. RHS Garden is one of the world's renowned gardens, full of horticultural inspiration, and spread across 240 acres, or roughly 120 football pitches! Throughout the day, we explored a small part of the garden and spoke to some workers from various backgrounds. We discovered it opened in 1804 and houses around 40,000 types of plants and flowers.

Our walk led us through an orchard where we saw Earwig nests in trees. We found out that Earwigs help keep aphids away, preventing them from damaging the apple trees. We then visited the allotments, where students planted Tulip Clusiana Bulbs to take home, hopefully

blooming next spring! Afterward, we walked through the enormous Greenhouse, divided into temperate, tropical, and arid sections. The tour ended with a talk from a gardener, who shared her journey from studying anthropology to doing a masters degree that focused on allotments. We also learned that RHS uses Nematodes as natural pest control for slugs.

It was a very interesting and fun-filled day and we would like to say a huge thank you to RHS Wiley for hosting us, providing us with many fun activities and facts, and, most importantly, providing us with a tasty lunch!



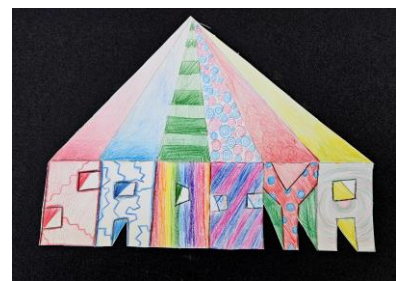
## GENERAL NOTICES

### Year 9 Art | Ms Couzens

Last week Year 9 Art students explored all things 'Perspective' and looked 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 explored varied shapes in 3 dimensions and how to construct a simple architectural room and explored three dimensional lettering. We also investigated the use of Patterning and Colour combinations in art and design.

Here are a few examples of their 3D names.



### 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

### 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.

### free period products

**Free period products**

Available in 18 public libraries

Everyone deserves the essentials they need

Take what you need

When you need it

For whoever needs it

The advertisement shows three packages of 'hey girls...' products: 'we're good for society' pads, 'we're good for society' tampons, and 'we're good for society' pads. The background is teal with white icons of a paperclip, a pencil, and a leaf.

In partnership with  **hey girls...**

 **OXFORDSHIRE COUNTY COUNCIL**

## 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



# TRINITY COLLEGE

## UNIVERSITY of OXFORD

The Access Team at Trinity College, University of Oxford, are offering two online sessions for parents and carers in July 2024. Please feel free to book tickets to attend one or both of the following sessions:

### **Session 1 For Families - A Guide to University**

**Monday the 4 November 6 - 7:15pm with live Q&A until 7:30pm**

This session will be of interest to parents and carers of students in Years 10, 11 and 12 and will be particularly useful for those who did not attend university themselves or who feel they would appreciate updated university information and guidance.

In the session, we will focus on effective ways parents and carers can support their child's progression to higher education. We aim to build confidence and knowledge about what a parent and carer's role is in the process of a university application and to clarify the benefits and costs of going to university. We will also touch on some aspects of the University of Oxford. There will also be a live Q&A with some current undergraduate students who'll share some of their own experiences and answer any questions parents and carers may like to ask.

### **Session 2 For Families - A Guide to the University of Oxford and the application process**

**Thursday the 7 November at 6 - 7:15pm with optional live Q&A until 7:30pm**

This session will be of interest to parents and carers of students in Years 10, 11 and 12 and is particularly useful for those wanting to hear specifically about the University of Oxford and the application process.

In this session, we will also focus on effective ways parents and carers can support their child, should they decide to apply to the University of Oxford in the future. There will also be a live Q&A with some current undergraduate students who'll share some of their own experiences and answer any questions parents and carers may like to ask.

**Link** Please go to our registration form to book both or your preferred option – click [Here](#)

\*Please note this exclusive event is intended for parents/carers of children in state\_secondary schools only. \*\*Bookings accepted up to 5pm, two days prior to each event

## GENERAL NOTICES

### Dates for your Diary

- 4 November | First day of Term 2
- 11 - 17 November | Anti-bullying Week
- 11 November | Remembrance Service
- 12 November | Future Fest
- 14 November | Year 7 Parent Consultation Evening
- 21 November | KS5 Revision Evening
- 28 November | Advent Reconciliation
- 4 December | Flu Vaccinations Years 7-11



### 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



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

## LOCAL EVENTS AND OPPORTUNITIES

### Cowley Christmas Festival 2024

Come and celebrate Christmas with us at St James Church, Beauchamp Lane, OX4 3LF

- |                      |             |  |
|----------------------|-------------|--|
| Thursday 12 December | 13.00-19.00 | Tea, cake and decorate – drop in any time – bring a tree or bring decorations for our one large tree or just help us decorate the church |
| Friday 13 December   | 18.00-19.30 | The Gospel Jazz Project – mulled wine – nibbles  |
| Saturday 14 December | 10.00-11.30 | Messy Church Christmas + Christingles  |
|                      | 11.30-14.00 | Church open – Christmas tree crafts  |
|                      | 14.00-15.00 | Join in and sing carol singing – mince pies  |
|                      | 15:00-16:00 | Rising Voices Community choir  |
|                      | 16.00-17.00 | Join in and sing carol singing – mince pies  |



See Saw  
Grief support for children and young people in Oxfordshire



Respite nursing for Oxfordshire's Sick Youngsters

[www.cowleyteamministry.co.uk](http://www.cowleyteamministry.co.uk)

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](mailto:ovaat_study@oxfordhealth.nhs.uk)

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

**STUDY SMART**  
Free Online Courses



**n.c.f.e. | cache**

 Education & Skills Funding Agency

**Fully Funded School Support Course**

[www.studysmartuk.online](http://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](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. 05857258. 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!

- 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**  
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](http://www.oxford.gov.uk/youthambition) | [@oxfordyouthambition](https://twitter.com/oxfordyouthambition) | [youthambitionoxford.gov.uk](https://www.facebook.com/youthambitionoxford.gov.uk) | 01865 262728

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
- 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](http://www.oxford.gov.uk/youthambition) | [@oxfordyouthambition](https://twitter.com/oxfordyouthambition) | [youthambitionoxford.gov.uk](https://www.facebook.com/youthambitionoxford.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**

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

MISSION VALUES VISION  
| Caring | Safe | Excellent | 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](mailto:donna@oxfordhub.org)

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

Oxfordshire Adult Learning

## 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

Oxfordshire Adult Learning

## 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

## 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

