

Weekly Newsletter

Friday 29th November 2024 | Issue 11

Dear families

This week, our Gospel reflection comes from John 18:33-37, where Jesus stands before Pilate and is asked, "*Do you say this of your own accord, or did others say it to you about me?*" It is a profound moment, calling us to reflect on the importance of bearing witness—of speaking for ourselves and standing in truth, even when it is difficult. Jesus models the courage to remain authentic and steadfast, inspiring us to do the same in our own lives. At Greyfriars, this message reminds us of the value of integrity and staying true to our beliefs. Whether it's in the classroom, on the sports field, or within our friendships, we are called to be witnesses of faith, hope, and love, supporting one another in our shared journey. This is our commitment to our community.

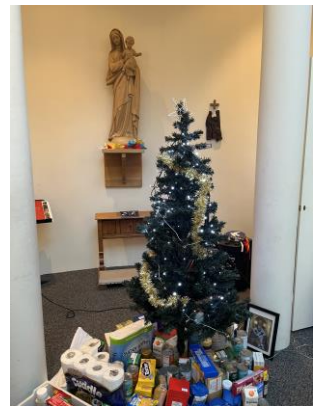
This week, our school community has been busy with many wonderful activities that reflect this spirit of truth and witness. With Advent just around the corner, we have been delighted to have our Catholic Ambassadors leading prayers and reflection for form groups in the chapel. They have led this beautifully.

Also, preparations are well underway for our Christmas Fayre on 7th December. Thank you to everyone who has contributed prizes, time, and energy to make this event so special. It's a wonderful opportunity for our community to come together in joy and generosity.

Finally, a quick update on our astroturf renovation: the project is progressing well, and we are looking forward to having a renewed space for sport and recreation by February. Thank you for your patience as we navigate the challenges of a building site—it will be worth the wait!

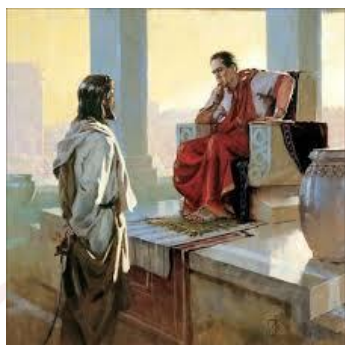
As we head into the Advent season, let us reflect on our call to be true to ourselves and our faith. May we continue to bear witness to God's love in all that we do, encouraging and supporting one another as we grow in faith and hope.

Wishing you a restful and blessed weekend,
Lyndsey Caldwell
Headteacher



WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel: John 18:33b-37



"Pilate said to Jesus, 'Are you the King of the Jews?' Jesus answered, 'Do you say this on your own or have others told you about me?' Pilate answered, 'I am not a Jew, am I? Your own nation and the chief priests handed you over to me. What have you done?' Jesus answered, 'My kingdom does not belong to this world. If my kingdom did belong to this world, my attendants would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not here.' So Pilate said to him, 'Then you are a king?' Jesus answered, 'You say I am a king. For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.'"

Reflection

This past Sunday, we celebrated The Solemnity of Christ, King of the Universe which is set at the conclusion of the liturgical year and recalls that the life of creation does not advance at random, but concludes with Christ's eternal kingdom. Jesus initially responds to Pontius Pilate that his kingship "is not of this world" (v. 36). It is evident from his entire life that Jesus does not have political ambitions. Today Jesus asks us to allow him to become our king. A king who, with his word, his example and his life immolated on the cross saved us from death.

Virgin Mary, please help us to welcome Jesus as the king of our life and to spread his kingdom by bearing witness to the truth which is love. Just as you said "yes" to God, and allowed Jesus to take shelter within you, so too let Christ come into our hearts. May He establish His kingdom there, so that we may go and spread His kingdom worldwide. Amen.



Advent giving

Students are being asked to bring food items as an offering for advent where possible. Students have been given specific days when their tutor group can take items to the chapel. (Please ensure a 'sell by date' of 3 months.

Thank you for your support.

The food most urgently required is:

* Starred items most critical

- | | |
|--|----------------------|
| * Fruit juice | Tinned Fruit |
| * Toilet roll | Long-life milk |
| * Sugar | Cereal |
| * Tinned vegetables (not tomatoes or pulses) | Biscuits |
| * Tinned/ Packet Puddings | Bottled Sauces |
| Jams/other spreads | Coffee/Hot Chocolate |
| Tinned Meat | Practical Toiletries |

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

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

GENERAL NOTICES

Raffle, Santa's Grotto, Xmas Stalls, Festive Food & Drinks, Christmas Carols, Soft Play Bus & much more!!!

GREYFRIARS
CHRISTMAS
Fayre

7th DECEMBER 2024
11AM - 2PM

JOIN US

GREYFRIARS CATHOLIC SCHOOL
CRICKET ROAD OXFORD OX4 3DR
TEL: 01865 749933 OFFICE@GFCS.UK

Chase
PLAY BUS

GREYFRIARS CHRISTMAS
FAYRE

SATURDAY
7 DECEMBER 24

PLEASE HELP SUPPORT
OUR SCHOOL BY DONATING A
RAFFLE PRIZE

ANY NEW OR UNWANTED TOYS,
CHOCOLATES, GIFTS,
TOILETRIES, WINES, GAMES
PRESENTS ETC

THANK YOU

GREYFRIARS
CATHOLIC SCHOOL



GENERAL NOTICES

Staff in the Spotlight!

This week sees the introduction of a new section to our weekly newsletter where we get the chance to find out a little bit more about our teachers and support staff. We will focus on one staff member each week and to kick us off, here are some facts about Mr Dunne!



Star sign: Virgo

Favourite Meal: Chicken Wraps

Favourite Film: Christmas | Elf

Non-Christmas | Toy Story Films

Favourite Book: Sir Alex Ferguson's Autobiography

An interesting fact: I am currently studying a Masters in Education with Special Educational Needs and Disabilities.

If I could have dinner with an historical figure or celebrity, it would be: Ben Lecomte - to ask why he decided to swim across the Atlantic Ocean, what the experience was like and what kept him going until the end. Also, to ask what marine life he encountered on his journey!

What I love about working in a school: The culture of celebrating success and the feeling of belonging the school fosters makes it a lovely place to work. Because we are small in comparison to other Oxford schools, we have the unique opportunity to know all of the students real well.

Fun Fact: I am a keen runner and love long hikes – especially up mountains!

Sparx Update | Mr Secker

WEEK 12 Sparx Maths

Total hours spent on
Sparx this year

3,409 hrs

Number of questions
answers correctly

207,548

XP Champions THIS YEAR 29/11/24

Name	Year	Total XP
Mithun R K	9	39,607
Da Vinci T	8	25,338
Ana Paula C	8	16,953
Samayrah K	9	15,334
Chris J	8	15,138
Margaret L	7	12,560
Miu Miu M	9	12,352
Yurume E	9	12,321
Aida S	10	9,752
Nedia D C S	8	9,650

XP Champions for ALL TIME 29/11/24

Name	Year	Total XP
Ana Paula C R	9	283,007
Da Vinci T	8	245,138
Isabelle H	9	184,653
Jack C	9	162,421
Klea L	9	152,521
Hajira R	11	132,652
Kryspin B	10	121,228
Ahmad R	9	100,705
Shehar B	10	98,518
Mathila H	10	91,503

XP Champions for LAST WEEK

Name	Year	XP POINTS
Abdul W S	11	1,775
Lexie R	11	1,545
David A D	10	1,740
Phillipe M	10	1,409
Mithun R K	9	2,271
Isabelle H	9	2,088
Divine E	8	1,718
Chris J	8	1,402
Miu Miu M	7	1,975
Esther D O	7	1,735

GENERAL NOTICES

WELCOME to THE LIBRARY

You can also come and write a little prayer every day throughout Advent to be displayed on our designated prayer panel.



Finally, we'll have new themes for the monthly art competition, so come along and show off your talent! We have everything you need to create your masterpiece 😊.

Don't forget that book reviews are always welcome too.

That's it for now. See you in December!

Library News | Miss Brett

Hello, Everyone! I hope you're wrapped up warm this week!

The non-fiction November scavenger hunt is officially FINISHED. Thank you to all the students who took part.

We now move on to our December fun!



HOMEWORK CLUB

THE LIBRARY
MONDAY-THURSDAY
15.10-16.00



GENERAL NOTICES

Attendance Update | Dr Rogers

I would like to take my first contribution to the Greyfriars newsletter as an opportunity to discuss the key issue of attendance. As part of my new role here I am proud to be the school's 'Attendance Champion'.

At Greyfriars, brilliant attendance is central to our mission of championing every student so that they can flourish individually and collectively.

Brilliant attendance is about **knowledge**: Our teachers plan and deliver a curriculum that is carefully sequenced so that knowledge builds over time. Missing a lesson is like missing a chapter from a book or an episode of a TV series – it makes it difficult to follow the overall story.

Brilliant attendance is about **care**: We are clear that our students are what makes this school. When students are not here, we miss them and the contribution they make to our school community. We also know that students who attend school regularly are able to make strong social connections and friendships.

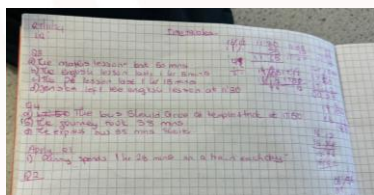
Brilliant attendance is about **ambition**: We are ambitious for all children to succeed. There is a very well-established link between brilliant attendance and brilliant academic outcomes.

For those students and families who may be struggling with their attendance, myself and our dedicated pastoral teams are very keen to work with you. We have lots of support we can offer. Please do not hesitate to reach out to your child's form tutor, head of year or our wonderful Attendance Officer - Ms Whyte.

I am really looking forward to celebrating with student's their brilliant attendance in our upcoming achievement assemblies at the end of term.

Message for Year 7 | Mr Weedon

It has been another busy week with some great work being done by our anti-bullying team. They have been sharing information about how to safeguard ourselves and each other and modelling how we should treat each other.



I managed to visit Ms Shirley's maths lesson this week and saw some very neat work being done – well done!

Top Achievement Points This Week

7TT - Tatenda and Eve

7RM - Anne-Marie and Nicole

7LS - Azzouz and Emily

7BM - Roisin and Maria

GENERAL NOTICES

Message for 6th Form | Mr Shaw

Best of luck for the Sixth Form PPEs

From Wednesday 4th through to 11th December Year 12 and 13 will be sitting their PPE exams. We know this can be an extremely stressful time but obviously we wish them all the best of luck and some extremely productive revision during their study leave.

We hope their grades reflect the great effort they have been making this first term of their A-levels.

Thursday 5th December Sixth Form Open Evening.

All of our Year 11s and their families are invited to join us from 18:00 - 20:00 for our Sixth Form Open Evening.

Feel free to come along and meet the subject heads and sixth form leaders to find out about all the courses we will be offering next year. It's a great opportunity to see how Greyfriars can help you on your academic journey into university and beyond.

Leadership Enrichment | Mrs Reddy

Our Leadership Enrichment is now collecting 'Christmas Donations'. Any donations should be dropped into main reception and can include: toys, games, books, jewellery, clothes, shoes, toiletries, stationery and wrapping paper. Let's come together to make this season memorable for everyone. Your generosity truly makes a difference!



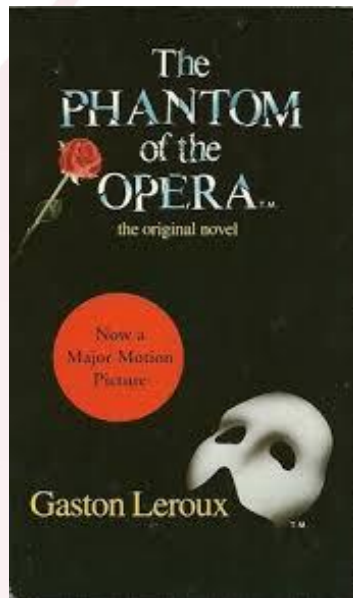
Thank you for your support.

GENERAL NOTICES

Book of the Week | By Lian G

The Phantom of the Opera by Gaston Leroux

A gothic classic and household name. Even if you've seen the musical ten times over before, you'll want to read the book behind the genius. It holds themes of romance and obsession, sure, but it also features many questions of belonging and companionship. It is a tragic sort of tale and feeds into the mystery of the opera ghost more and more. It is actually quite dark as well and surprisingly somewhat amusing. It's a thrilling read and most definitely a timeless tale!



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.



Sixth Form Switch Off Update | Mr Shaw

Sixth formers and staff alike have shown great enthusiasm to put down their phones and switch off all their social media feeds for a week. I am sure it will prove to be very insightful and having it just before PPEs is a great revising bonus.

We would love it if you could share the donation link below with any friends and family as we are trying to raise £500 for the 'Young Minds' charity who are helping young people to look after their own mental health by offering support and advice.

So help us join the fight for better mental health support for young people and click...donate!

DONATE

GENERAL NOTICES

Teaching and Learning Update | Mr Dingley

As we approach the PPEs (Pre-Public Examinations), I wanted to remind our students of effective revision strategies to ensure they feel confident and prepared. At Greyfriars Catholic School, we encourage simple, effective techniques that build long-term memory and exam readiness. One of the most powerful methods is *Look, Cover, Write, Check*.

Here's how it works:

- 1. Look:** Choose a specific topic or section to focus on. Read through your notes, textbook, or revision guide carefully, paying close attention to key facts, definitions, or steps.
- 2. Cover:** Hide the information from view—this step helps your brain actively retrieve what you've learned.
- 3. Write:** On a blank piece of paper or whiteboard, jot down everything you remember about the topic. Don't worry if you can't recall everything—it's part of the process!
- 4. Check:** Compare what you've written to your original notes. Identify what you got right and what you missed, and focus on revisiting those gaps in your next session.

This method is highly effective because it combines active recall (retrieving information from memory) with immediate feedback, which strengthens learning. It's ideal for vocabulary, formulas, timelines, and any other information students need to commit to memory. To get the best results:

- Break revision into manageable chunks—focus on one topic at a time.
- Regularly revisit previously covered material to reinforce learning.
- Pair this method with other techniques, like flashcards or practice questions, to build exam confidence.

We encourage all our students to give *Look, Cover, Write, Check* a try as part of their revision toolkit. Students should have access to all their knowledge organisers for their upcoming exams on Satchel.

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

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

5 Ways to Well-being

Click on the logo to find out more.



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.

Free School Meals



Are you entitled?

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

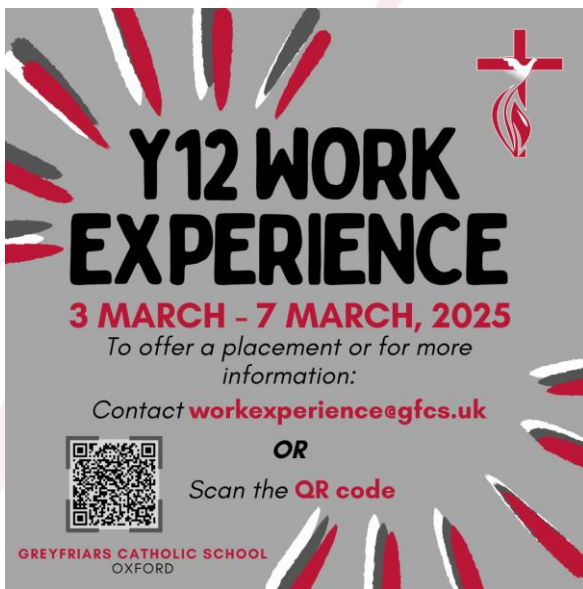
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual 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

Careers | Miss Manns




Y12 WORK EXPERIENCE
3 MARCH - 7 MARCH, 2025
To offer a placement or for more information:
Contact workexperience@gfcs.uk
OR
Scan the QR code



GREYFRIARS CATHOLIC SCHOOL
OXFORD



Y10 WORK EXPERIENCE
24 JUNE - 27 JUNE 2025
To offer a placement or for more information:
Contact workexperience@gfcs.uk
OR
Scan the QR code



GREYFRIARS CATHOLIC SCHOOL
OXFORD



For lots of useful information regarding careers,
please click:

[OxLep Picks of the Week](#)



GREYFRIARS
CATHOLIC SCHOOL

Girls Netball

Every Monday
starting from next
week (3. 30-4.30)
Bring PE kit

With Miss Moss in
the sports hall

GENERAL NOTICES

Dates for your Diary

4 December | Flu Vaccinations Years 7-11

4 December | Year 11 PPEs Begin

5 – 6 December | French Markets Trips

5 December | 6th Form Open Evening for Year 11 Students

11 December | The Story Museum trip

11 December | Trinity College STEM Trip

11 December | All's Well That Ends Well Theatre Trip

12 December | Christmas Lunch



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

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



Grief support for children and young people in Oxfordshire



Respite nursing for Oxfordshire's Sick Youngsters

www.cowleyteamministry.co.uk

STEVENSONS

Black Friday
Sale

Up to 20% Off

Offer available online from
29th of November - Midnight 13th of December
on uniform and sportswear.

Use discount code at checkout:

GREYFRIARS20BF

Items purchased during the sale period will be refunded at the sale price originally paid, if returned.
Sale items are subject to availability, whilst stocks last.
Black Friday offer exclusively available online.
For FAQs please visit our website www.stevensons.co.uk
£50 minimum spend required



Do you have upsetting thoughts or habits that won't go away?

We want to make things easier for children like you, and we need your help to do it!

If you're **between 5 and 14 years old**, and started having thoughts that get stuck or habits you need to do over and over when you were aged 5 to 12, **we'd love to talk to you!**



We want to find a way for **parents to help their children** who have similar thoughts and habits to you. **We'd love for you to help us!**

What's in it for me?

- ✓ Fun online sessions: Where where you'll share your ideas on a programme designed to help with upsetting thoughts & habits.
- ✓ Awesome rewards: Earn £25 for each session!

Scan here for more information!

For more information or to sign up, you and your parents can **scan the code** or send us an email - OCD-empower@psych.ox.ac.uk



We're excited to hear from you!



CALLING ALL PARENTS OF CHILDREN WITH OBSESSIVE COMPULSIVE SYMPTOMS/DISORDER (OCD)

Can you help us to develop a brief treatment to help parents support their child to overcome OCD?

We are looking for **parents of children (aged 5 to 12 years old)** with lived experience of OCD/OCD symptoms to attend a series of **6 online workshops**. These workshops aim to help us develop an online intervention focused on supporting parents to learn evidence-based tools to help their child to overcome OCD

We want to make sure the treatment works for as many families as possible, so are looking for parents that identify as being from one or more of the following groups:

- Parents in single-parent families
- Parents from minority ethnic groups
- Parents within low-income families
- Parents who have low levels of confidence/experience using technology



- ✓ Your child does **not** need a diagnosis of OCD
- ✓ You will be **paid for your time**
- ✓ We can help if you face difficulties in attending sessions, such as supporting you with costs and visiting you in your local community!

SCAN FOR MORE INFORMATION



To register your interest please scan the QR code or email OCD-empower@psych.ox.ac.uk.
If you're not able to attend 6 workshops but are keen to help us, please still register your interest and we can find alternative ways that you can be involved!



Oxford Sea Cadets Christmas Trees
The tree that gives



CHARITY
CHRISTMAS TREE
SALE



FROM 23RD NOVEMBER
LARGE SELECTION

CHRISTMAS TREES\WREATHS\MISTLETOE

LIGHTS\DECORATIONS

DONNINGTON BRIDGE OX4 4BJ

ORDER ONLINE
OXFORDSEACADETS.ORG.UK

LOCAL EVENTS AND OPPORTUNITIES



WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
If you can't make the date or time all paid for talks are
recorded and available for 48 hours afterwards
Book online at facefamilyadvice.co.uk

FREE SESSIONS Decreasing Depression	25 NOV
Understanding Anger	18 NOV
Drug Awareness for Parents	19 NOV
Supporting Healthy Screen Use	21 NOV
What is ACT?	26 NOV
Understanding Addictive Behaviour	28 NOV
Supporting a Child with ADHD	5 DEC
Understanding Anger	16 DEC
Facing Defiance	17 DEC
Supporting Healthy Screen Use	19 DEC
Supporting a Child with ADHD	2 JAN
Anxiety-Based School Avoidance	7 JAN
AUTISM: Improving Communication	9 JAN

facefamilyadvice.co.uk info@facefamilyadvice.co.uk

Would you like to improve communication with your teen?

face2face



Private skills training sessions for you and your teen
Get professional support to
improve mutual understanding and respect.

Young people do not have to appear or speak on camera

**Advanced Communication Skills certificate for teens
on completion of the course**

Would you like some support with any of the above issues?

FACE aims to support regular parents with commonly faced issues.

In this age of long waiting lists and over-loaded services, FACE is offering you practical and accessible advice and information.

Each talk includes easy to apply interventions
and the opportunity to ask questions.

The sessions are delivered online via zoom by Jane Keyworth,
Lead Facilitator at FACE
7pm - 9pm £24 each

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

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

MISSION VALUES VISION
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

Oxford Hub
oxfordhub.org/parent-power

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

WALKING WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

"Walking with You" is a welcoming, parent-led group for anyone caring for children and young people (up to age 25) facing mental health challenges.

Find a safe space to connect, ask questions, and share experiences at your comfort level. Learn from insightful discussions on topics that matter to you.

Sessions are led by Parent Peer Support Workers and held online via Microsoft Teams, with occasional coffee mornings. Drop in and out as needed.

Look forward to special guest events with professionals from CAMHS leading some of our sessions.

UPCOMING EVENTS

JAN 10	CYBER CHOICES 12PM - 1PM ONLINE
FEB 07	PARENTING EMOTIONS 12PM - 1PM ONLINE
MAR 07	COFFEE MORNING 10PM - 1PM BANQUET - LOCATION SHARED WHEN BOOKED
APR 04	SUPPORTING THROUGH EXAM STRESS 12PM - 1PM ONLINE

TO REGISTER FOLLOW THE LINK OR QR:

www.oxfordhealth.nhs.uk/camhs/youngpeoplesupport/oxon/mhl/

PARENT WEBINAR

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

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 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

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. © CAFOD

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 (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

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

FREE

- 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

