

# Weekly Newsletter

Friday 13<sup>th</sup> December 2024 | Issue 13

Dear families

As we approach the final full week of 2024 and prepare for Christmas, let us take a moment to reflect on the profound meaning of this sacred season. Christmas is not just a time of celebration but also one of deep spiritual significance, reminding us of the transformative power of hope, love, and service to others. As Pope Francis reflects, *'the poverty of the manger shows us where the true riches in life are to be found: not in money and power, but in relationships and persons.'* Just as Christ was born in the humblest of places, His message is for all, especially those in difficult circumstances. This is the message we carry into our final week of term.

This week's Gospel reminds us of John the Baptist's powerful message: *'Prepare the way of the Lord'* (Luke 3:4). John's words connect us to the prophet Isaiah, who centuries earlier spoke of *'a voice in the wilderness'*. Isaiah uses the image of a bumpy road filled with potholes and hills, urging us to make it smooth and straight so the Lord can easily come to us. But Isaiah isn't talking about fixing physical roads — he's asking us to repair our hearts. This is a time to clear out anything that gets in the way of welcoming God into our lives: selfishness, anger, or neglect of others. By smoothing the path within ourselves, we make space for God to fill us with His love and light.

As we conclude this year, we remain focused on our mission, finishing 2024 with hard work and a spirit of gratitude: making sure we are living life to the fullest. I am so grateful to our school community for being so willing to give so much. Our Christmas Fair was a testament of our community. In our final days of term, we will come together to celebrate all we have achieved, reflecting on how we have lived out our values of knowledge, care, and ambition in our shared journey.



May this holy season bring you and your families abundant blessings, peace, and joy. On behalf of everyone at Greyfriars, I wish you a merry Christmas and a prosperous New Year.

Lyndsey Caldwell  
Headteacher

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

### Gospel: Luke 3:1-6



“In the fifteenth year of the reign of Tiberius Caesar, when Pontius Pilate was governor of Judea, and Herod was tetrarch of Galilee, and his brother Philip tetrarch of the region of Ituraea and Trachonitis, and Lysanias was tetrarch of Abilene, during the high priesthood of Annas and Caiaphas, the word of God came to John the son of Zechariah in the desert. John went throughout the whole region of the Jordan, proclaiming a baptism of repentance for the forgiveness of sins, as it is written in the book of the words of the prophet Isaiah: A voice of one crying out in the desert: ‘Prepare the way of the Lord, make straight his paths. Every valley shall be filled and every mountain and hill shall be made low. The winding roads shall be made straight, and the rough ways made smooth, and all flesh shall see the salvation of God.’

#### Reflection

“Prepare the way of the Lord, make his paths straight!”, John the Baptist tells us. We prepare the way of the Lord and make his paths straight when we examine our conscience, when we think about our attitudes, in order to eliminate sinful manners which are not from God: success at all costs; power at the detriment of the weak; the desire for wealth; pleasure at any price. May the Virgin Mary help us to prepare ourselves for the encounter with this ever greater Love, which is what Jesus brings and which, on Christmas night, becomes very very small, like a seed fallen on the soil. And Jesus is this seed: the seed of the kingdom of God.

*God, would you shape our lives according to your will. Lower the mountains and raise the valleys, causing such change beyond what we could even imagine. Help to wake us up, so that we may love you before all other things. Shape the world according to your kingdom, so that justice may reign everywhere. In this second week of advent, let us see just how strong your love really is. Amen.*



#### Advent giving

Next week is the final deadline for bringing in food items to Mr. Greer. All proceeds will go to the Community Emergency Food Bank. The amount of food we've collected so far is simply incredible -- there's barely any room left under the tree! Keep up the good work. This really does reflect the Christmas spirit of giving. Well done Greyfriars students for living out your Catholic Social Teaching to the fullest.

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

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

## GENERAL NOTICES

### French Markets Trip to Lille | Ms Parish

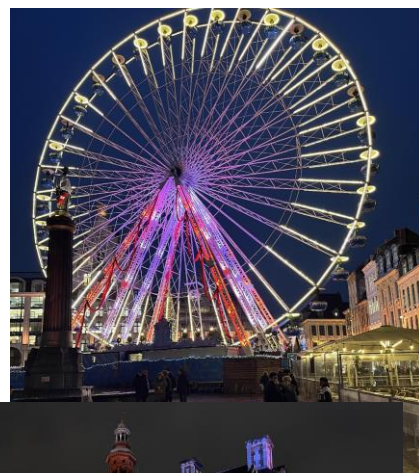
53 Greyfriars students had an early start last Thursday to set off on a trip to Lille to visit the Christmas market. Our students were very excited by the windy ferry crossing, for many it was their first time crossing the channel.

When we arrived in Lille, we were straight into the joys of the Christmas market with the students exploring the stalls and having hot chocolates, churros and some riding the ferris wheel!

After the early start and long day, we made our way to our hostel for the night and enjoyed a team quiz hosted by our very own Mr Dunne!

On Friday, we had a tour of the city and experienced some of the culture of the beautiful city and the students particularly enjoyed visiting the cathedral. We had another chance for some last minutes Christmas market shopping before we made it back to the ferry, crossing the channel just in time to avoid storm Darragh!

We were very proud of our students who were all exceptionally well-behaved – this was actually commented on by several people – they are a credit to the school. A great time was had by all – keep your eyes open for news of the Christmas markets trip 2025!



## GENERAL NOTICES

### Y12 Wanamaker Theatre at Shakespeare's Globe: All's Well That Ends Well | Ms Caldwell

We had a delightful time at the Wanamaker Theatre (part of Shakespeare's Globe) on Thursday night. The theatre is modelled on Blackfriars Theatre, used by the Shakespeare theatre company in 1609. It is lit entirely by candlelight and is my favourite theatre. It is wonderful to see Shakespeare performed in an almost authentic space. It was a great production and we even had a bit of time for a stroll on the Southbank too. We were walking in Shakespeare's footsteps.



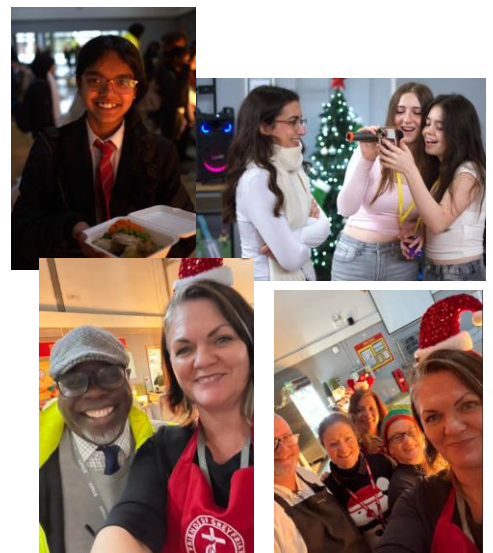
Perhaps it should have been titled All's Well that Starts Well though... Unfortunately, the roads were closed on the way home so it did make for a very late / early morning arrival back to school. Not the ending that we hoped for, but it did start very well!



### Christmas Lunch

We had our Christmas lunch on Thursday. It's a joyful feast and a logistical feat! We are really grateful to Chef Mike and the Kitchen Team – pictured here – who worked so carefully to ensure students had a great lunch. I enjoyed working with Mrs Upellini – like Santa's Elves – to serve up the dinner too.

I am also grateful to all the staff who helped seat so many students and who sang along to our Christmas hits. Mr Strachan is always ready for a smiley selfie; here we are having just rocked around the Christmas tree! Our festive singing was led by our Y12s karaoke team who were leading the festive vibe. Last Christmas is still a favourite it seems. It was joyful! A real Christmas treat.



## GENERAL NOTICES

### Christmas Fair!

Our Christmas Fair was a resounding success, raising nearly £1,800 for the school. This is helping us to reduce costs of a production in the summer: more details to follow. It was a joyful community event featuring Father Christmas, a fantastic raffle, mulled wine, and an array of craft stalls.

Thank you to everyone who contributed to making this community event so special! We are especially grateful to the Christmas team, who organised it, and the families, staff and students who supported it on the day. You are the school!



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

As the term comes to an end, we celebrate the joy and spirit of Christmas as a time to give, receive, and appreciate. Reflect on the blessings in your life: the gifts you receive, the food on your table, and the hard work of your parents. Show love, kindness, care, respect, and support to those around you, creating happiness in your homes. It's a time to reflect on what we have and to share generously with those in need. Your kind donations have brought joy and smiles to many, and we are deeply thankful for your support. Let's continue to show appreciation for the blessings we receive and extend care to others.

A special shout-out goes to all students who participated in the leadership enrichment program. Whether your role was big or small, your efforts made this accomplishment possible. Together, we've made a difference this holiday season. Thank you!

What a busy and rewarding term it has been! Thank you for your dedication and hard work Y8 and Y9. Wishing you a joyful festive season, and we look forward to seeing you rested and ready in the new year.

## GENERAL NOTICES

### SmartSTEMs at Trinity College | Mr Dunne

On Wednesday a small group of Year 9 girls had the opportunity to attend Trinity College and Jesus College for a SmartSTEMs event, which was run in partnership with Scottish Southern Electric Network (SSEN).

The girls got to experience a panel session with Q&A which included a former EPNE Apprentice at SSEN, a project director, a senior project manager and the head of SEPD (Southern Electric Power Distribution), where each individual shared a bit of information from their background and how they got into their line of work.

They then got to attend two workshops, one which involved the girls creating their own grid of power, and the second one involved them fitting some electric cable under water, where they had to plan carefully how they could do so without disturbing the basking shark and seal!

The day then finished with a tour of Trinity and Jesus college before a raffle at the end where Ketrin won a £50 voucher!

It provided a great insight into STEM as a whole and offered many opportunities for the girls to engage and interact with other people with a shared interest.

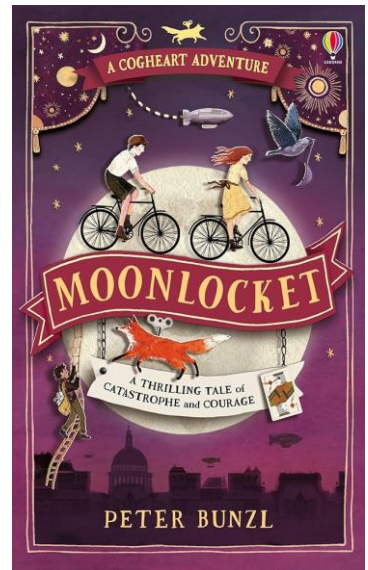


### Book of the Week | By Lian G

**Moonlocket** by Peter Bunzl

A moving story of courage and \*heart. It follows two young children's journey through a city we can only wonder about. A thrilling chase and even more action makes this story a marvel in the 'Cogheart' universe. It brings importance to themes of family, trust and bravery. Very much a worth-it read for any

steampunk fans and those who love a good puzzle now and then.



## GENERAL NOTICES

### A Christmas Message for Year 10 and Year 11 | Mr Strachan

Christmas is, without a doubt, my favourite time of the year—not just for the twinkling festive lights out on display, the delicious treats we might indulge in, or the joy of exchanging gifts. For me, it's a time of reflection and gratitude, a reminder of the greatest gift of all: the gift of salvation. Christ our Lord came to us as a child, lived a life filled with love and purity, and gave the ultimate sacrifice for us. What an extraordinary act of love!

This season gives us the chance to follow His example and share that love with those around us. So, I encourage you to take a moment to reach out to a vulnerable loved one, offer the precious gift of your time, and cherish the moments you spend with family and friends. Sometimes, the simplest acts of kindness—like helping Mum and Dad around the house—can mean more than any wrapped present under the tree.

I wish all of Year 10 & 11 the most wonderful and restful Christmas. Take time to recharge, enjoy the festivities, and reflect on the blessings around you.

Before I go, I'm thrilled to announce that some of our students are in the running for the most Achievement Points this term! The winners will be revealed in our end of term celebration assembly next week!! Those that are in contention to win are:

- **Year 10:** Safian, Izzy and Mfoniso
- **Year 11:** Phoebe, Nifemi & Amy

## Merry Christmas to you all!

### Message for Year 7 | Mr Weedon

What an amazing effort from students in Y7 this term! The dedication that my students have shown in the past weeks is outstanding. A highlight for me has been the response to Girls Netball as we have around 16-20 students turning up every week. Excitingly, we will be playing fixtures in the new year.

I would like to take this opportunity to thank Y7 tutors for all their hard work and dedication to the students in their forms.

Finally, I wish everyone a fantastic and safe Christmas, and look forward to our last week together before the break. Many thanks and Merry Christmas!

### Tutor Group Achievement Points

#### Term 2

Miss Millers Group - 5582  
Miss Tokaji Group - 5192  
Miss Moss Group - 4020  
Mr Scott's Group - 3940



## GENERAL NOTICES

### Teaching & Learning | Mr Dingley

At Greyfriars Catholic School, we are committed to empowering students to be effective learners. Part of this mission involves dispelling common myths about how we learn, and one of the most enduring misconceptions is the idea of *learning styles*.

For years, people believed that individuals learn best when teaching matches their preferred style—whether visual, auditory, or kinaesthetic. While it's true that we all have preferences, research shows that these preferences have little to no impact on how well we actually learn. The reality is that effective learning happens through strategies that engage our brains in deep processing of information, regardless of the mode of delivery. Here's what really works:

- **Active Engagement:** Learning is most effective when students actively engage with the material—through discussion, questioning, or practice—not just passively listening or reading.
- **Spaced Repetition:** Revisiting information over time helps consolidate it in long-term memory.
- **Retrieval Practice:** Testing yourself on what you've learned strengthens your ability to recall it later.

Believing in learning styles can sometimes limit students, making them feel they “can't” learn in a particular way. At Greyfriars, we encourage students to embrace varied learning methods and focus on proven techniques that work for all.

This week we have been focusing on **active listening**, discussing with students in assembly about how sitting up, having hands free and looking at the speaker will help them to fully engage with what is being said. We know that this will help students learn more effectively.

### Cowley Festival of Trees | Mr Greer

On Thursday, Ms. Brett and I took some of our Catholic Life Ambassadors and Student Librarians to help a local church



decorate for their Cowley Christmas Tree Festival. St. James's Church hosts trees and decorations from schools and charities across Cowley, and there was a wonderful festive atmosphere

The students had fun decorating the big tree, bringing baubles they had made with Ms Brett, and making new baubles with materials the church provided. A few also took advantage of being in a church and lit prayer candles for loved ones. Biscuits and squash were given by church members as gratitude for our help. A yearly tradition that will certainly continue!



## GENERAL NOTICES

### Advent Chapel Services | Mr Greer

This term, every tutor group has had the opportunity to run a chapel service. The readings, script, prayers, and activities were all designed by students. Everything was read out loud by the student leaders, and they took great pride in getting to lead their classmates through a time of worship and reflection.

This will become a regular feature in terms to come.

Well done to the Catholic Life Ambassadors especially!



### Rest and Recharge: Finding the Balance this Christmas Break | Dr Rogers

The Christmas holidays are almost here, a time to relax, recharge, and enjoy time with family and friends. After a busy term, it's important to give yourself a well-deserved break. Resting during the holidays helps to refresh your mind and body, so you can return to school feeling energized and ready to take on new challenges.

However, while it's tempting to take a complete break from everything, it's also helpful to balance your relaxation with a little bit of schoolwork. You don't need to spend hours each day studying, but setting aside some time to review notes, finish assignments, or get ahead on reading can make the return to school much smoother. It's all about finding a balance that works for you—allowing time to rest while keeping your academic goals on track.

For students in exam years, teachers will be setting around one and a half hours of homework per subject. Sprinkling this homework throughout the break will help you stay sharp without sacrificing relaxation.

Wishing you a wonderful, restful Christmas break, I look forward to seeing students back in school recharged and ready for the new year!

## GENERAL NOTICES

# WELCOME to THE LIBRARY

### Library News | Miss Brett

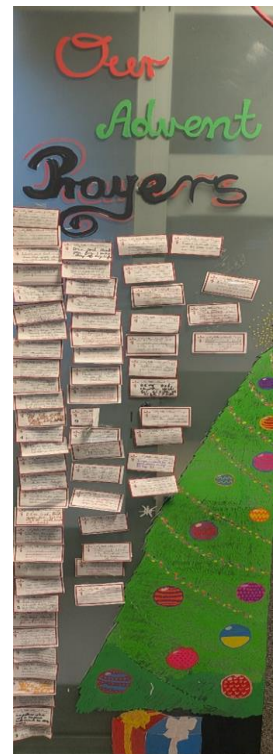
Hello, Everyone! Just look at our Advent prayers panel. Isn't it looking wonderful?

Our students have been very busy 😊. Our daily Dingbat competition is still on, so don't forget to take part and you might just win a book!

We are also running the Readathon this week (until Sunday! 😊) and have chosen some books for you to read if you're not sure what to pick.

If you are able, read and donate some pennies for children in hospitals. If not, just read and see if you can spend more time reading than Miss Brett this week, and then carry on reading!

BECAUSE...



Finally, our art and review competitions are still open! Come on, have a go!

### Word of the week

As we're about to celebrate the birth of Jesus Christ, the word of the week is:

[verb] to feel or show great happiness about something.

**Example:** Everyone rejoiced at the news of His birth.

[Cambridge Online Dictionary]



**That's it for now. Have a happy, healthy, and peaceful Christmas!**

## GENERAL NOTICES

### Staff in the Spotlight!



Mrs Easton  
PA to the Headteacher

**Star sign:** Sagittarius

**Favourite Book:** A Thousand Splendid Suns, Khaled Hosseini

**Pet:** A tortoise called Winston

**Favourite Meal:** Anything Mexican!

**Favourite Film:** Titanic – I've watched this film at least 50 times and I still love it!

**Favourite Holiday Spot:** For a bit of summer sun I love Greece with its good food and beautiful beaches but I love a winter weekend in Poland too!

**An interesting fact:** I love cooking!

**What I love about working in a school:** Every day is different and never boring. And, I love to see students flourish.

### Sixth Form News | Mr Shaw

#### Santa Fun Run

On Friday the 20th sixth form are hosting their annual Santa Fun Run. So sixth formers will be donning their Santa hats and walking, jogging or even skipping around the school grounds and Florence Park.



We have a food donations box in the sixth form office and are accepting any non-perishable food donations and on the last day of term some sixth formers will join Mr Greer to take our donations to Oxford Community Emergency Foodbank.

#### PPEs

We would also like to congratulate the sixth form on completing their PPE exams this week. It's been a tough week but behaviour has been exemplary and hopefully results will reflect the hard work that has been done.

## GENERAL NOTICES

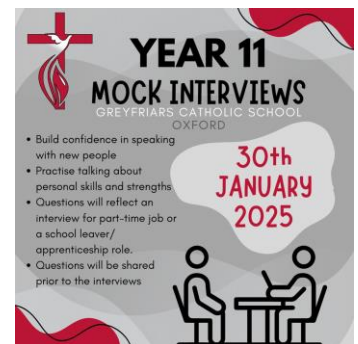
### Careers | Miss Manns

#### Careers in Focus Enrichment

Over the past four weeks, we have met four different hard working people who have cleared their agenda to tell us about their career experience. We met Dennis, from Morgan Sindall, Sophie who works as a GP, Annabelle who works for KEEN Oxford and Rachel from the NASIO Trust. I really enjoyed meeting them and it was great to see how passionate they were about their job. - By Lieserl (Y10)

#### Upcoming

Next term Year 11 students will be taking part in mock interviews. The aim of the mock interviews is to build the students' confidence in speaking with new people and give them the opportunity to practise talking about themselves and their skills and strengths. Students will be asked questions that reflect what may be asked in an interview for a part-time job or a school leaver/apprenticeship role. This includes questions about themselves and scenario based questions that reflect situations that may arise while employed.



For lots of useful information regarding careers, please click:

**[OxLep Picks of the Week](#)**



**GREYFRIARS**  
CATHOLIC SCHOOL

Girls Netball

Every Monday

3.30pm – 4.30pm

Bring PE kit

With Miss Moss in the sports hall

## GENERAL NOTICES

### Sparx Update | Mr Secker

#### WEEK 14 Sparx Maths

Total hours spent on Sparx this year
4,109 hrs

Number of questions answers correctly
246,548

#### XP Champions THIS YEAR 13/12/24

Name	Year	Total XP
Mithun R K	9	40,607
Da Vinci T	8	28,338
Ana Paula C	8	19,153
Chris J	8	18,138
Samayrah K	9	15,934
Miu Miu M	7	15,852
Nedia D C S	8	14,650
Sabella O	9	13,721
Margaret L	7	13,560
Sahas U	10	13,452

#### XP Champions for ALL TIME 13/12/24

Name	Year	Total XP
Ana Paula C R	9	286,007
Da Vinci T	8	248,138
Isabelle H	9	187,653
Jack C	9	163,721
Klea L	9	154,521
Hajira R	11	133,652
Kryspin B	10	123,228
Ahmad R	9	101,905
Shehar B	10	99,518
Mathila H	10	94,703

#### XP Champions for LAST WEEK

Name	Year	XP POINTS
Pedro D A C	11	2,575
Amelia P	11	1,345
David A D	10	1,740
Romania S	10	1,409
Brisa C	9	1,671
Ana Paula C	9	1,588
Omar A	8	2,318
Da Vinci T	8	1,602
Miu Miu M	7	2,275
Zabrina B	7	1,935

**Well done everyone!**

### 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!

**Christmas Donations**

Help us put a smile on the faces of children and families in our community

Donations to be dropped off at main reception.

The Leadership Enrichment thanks you in advance for your generosity

Toys  
Games  
Books  
Jewellery

Hats  
Coats  
Scarves  
Gloves

Shoes  
Toiletries  
Stationery  
Wrapping Paper

Thank you for your support.

## GENERAL NOTICES

**AT THE  
BUS**



### Our Big Give Christmas Campaign is Now Live

Please help us to reach our target of £20,000 helping us to provide more support to children and young people who desperately need it.

We are delighted to have been championed by The Childhood Trust who are match funding our campaign.

All donations made via The Big Give will be doubled – making double the difference!

**£5 doubled by Big Give to £10**

*pays for two pots of high quality paint for our sessions*

**£25 doubled by Big Give to £50**

*pays for one child to attend an art as therapy session*

**£100 doubled by Big Give to £200**

*pays for a specialist facilitator for a day*

**£200 doubled by Big Give to £400**

*pays for one child to attend at the bus for a term*

**£500 doubled by Big Give to £1000**

*pays for breakfast for 50 children*

Please **DONATE NOW** for twice the impact!

## 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)

### 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 period products



In partnership with hey girls...

OXFORDSHIRE COUNTY COUNCIL

# 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

### Dates for your Diary

- 17 December | Advent Reconciliation
- 18 December | Imperial War Museum Trip
- 19 December | Christmas Carol Concert
- 20 December | Last day of term (early finish)
- 6 January | INSET Day – no students in school
- 7 January | Term starts
- 23 January | Year 11 Parent Consultation Evening
- 27 January | Year 10 PPEs start



**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

# THE BIG *Festive Matchday*

SATURDAY 21st DECEMBER | THE MGROUP STADIUM | FROM 11:30



### WHAT'S ON?

#### 11AM TURNSTILES & CHRISTMAS MARKET OPENS

- Featuring Crepes from CrepesOMania, serving French cuisine in Oxford for 18 years!
- Coffee from Jericho Traders Coffee, winner of Oxford's best coffee roaster.
- Fun for the kids with Reindeer Trail and Face Painting.
- Meet Father Christmas at Santa's Grotto.

#### 11:30AM OXFORD CITY WOMEN vs OXFORD UNITED WOMEN XI

- Take your seats for the first game of our double header as our women take to the pitch.

#### 3:00PM OXFORD CITY MEN vs SPENNYMOOR TOWN

- Vanarama National League North action as our Men's First Team take on Spenny Moor.

#### 5:00PM 1882 BAR: LIVE MUSIC AROUND THE PIANO WITH RICH SNOW

- Join in with your favourite festive songs and carols around the piano with live music from Sandy's Piano Bar's Rich Snow.

#### 6:00PM 1882 BAR: THE BIG FORTITUDE 50/50 DRAW

- Find out if you've won our BIGGEST prize of the season so far with our 50/50 draw.

[WWW.OXFORDCITYFC.CO.UK/TICKETS](http://WWW.OXFORDCITYFC.CO.UK/TICKETS)



# THE BIG *Festive Matchday*

SATURDAY 21st DECEMBER | THE MGROUP STADIUM | FROM 11:30



## DOUBLE HEADER



11:30AM  
OXFORD CITY WOMEN  
VS OXFORD UNITED XI

3:00PM  
OXFORD CITY MEN  
VS SPENNYMOOR TOWN



LIVE MUSIC FROM RICH SNOW | SANTA'S GROTTTO | CHRISTMAS MARKET  
THE BIG FORTITUDE 50/50 | CREPES O'MANIA | JERICO TRADERS COFFEE  
REINDEER TRAIL | FACE PAINTING

### Free Tickets for School Families!

We are thrilled to offer school families **FREE** entry using the promo code **FREESCHOOL**.

To claim your tickets:

1. Visit [Buy Tickets Here](#).
2. Select tickets for each family member attending (e.g., for a family of four, choose 4 tickets).
3. Enter the promo code **FREESCHOOL** at checkout.

## 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](http://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](http://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](mailto: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](mailto: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

SEA CADETS OXFORD

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

**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

## Are you at risk of losing your home?

**We can help you to avoid eviction**

Our Housing Support Service Team can help keep a roof over your head by providing you with the tools to manage your money, navigate benefits, be independent, and avoid homelessness. Our team will help you gain control of your situation by working alongside you, to fully understand the challenges you are facing, so we can tailor our support. This free service is for individuals and families over the age of 16, who are residents in Oxfordshire.

### Get in touch

✉ [enquiries@connectionsupport.org.uk](mailto:enquiries@connectionsupport.org.uk)

☎ 01865 711267

🌐 [connectionsupport.org.uk](http://connectionsupport.org.uk)



Drop-in details:

Visit our website to download the referral Form



Trinity College Presents...

# Beyond the Classroom

Welcome to Trinity College's Academic Enrichment Programme for 2025!

Students are invited to join online to discover more about the world of academic enrichment! Including subject taster talks from expert guests, interactive Q&A, study skills sessions and workshops for personal academic development.

Sign up using this link: [Register for Trinity Beyond the Classroom](#)

Online, Wednesdays 4:30 – 5:30pm  
5 March to 9 July during School Terms

TRINITY COLLEGE  
UNIVERSITY OF OXFORD

# 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  
Outstanding care by an outstanding team

| Caring | Safe | Excellent |

## Parent Power

We support local parents living in the OX4 area

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

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

Need help? Want to get involved?

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

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

  
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**

<b>JAN 10</b>	<b>CYBER CHOICES</b> 12PM - 1PM ONLINE
<b>FEB 07</b>	<b>PARENTING EMOTIONS</b> 12PM - 1PM ONLINE
<b>MAR 07</b>	<b>COFFEE MORNING</b> 10PM - 9PM BANQUET - LOCATION SHARED WHEN BOOKED
<b>APR 04</b>	<b>SUPPORTING THROUGH EXAM STRESS</b> 12PM - 1PM ONLINE

**TO REGISTER FOLLOW THE LINK OR QR:**

[www.oxfordhealth.nhs.uk/camhs/youngpeoplesupport/oxon/hmhl/](http://www.oxfordhealth.nhs.uk/camhs/youngpeoplesupport/oxon/hmhl/)

**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](http://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/scobk-music/>  
Contact Ms Menchie Leung at [scobk.music@gmail.com](mailto:scobk.music@gmail.com)

Are you a parent of young person who has a diagnosis of asthma?

Volunteers needed to share their experiences for a research study at the University of Oxford.

**Who's needed?**  
Parents of 11 – 17 year olds with a diagnosis of asthma who are residents of the UK

**What's involved?**  
Anonymous 10-15 minute online questionnaire about yourself, your experiences of stigma and your wellbeing

Scan the QR code or click the link to take part!

[www.psychiatryoxford.ox.ac.uk/trics.com/ife/form/SV\\_e351ezxm5UeibXM](http://www.psychiatryoxford.ox.ac.uk/trics.com/ife/form/SV_e351ezxm5UeibXM)

For more information contact Sakia Phelps (Trainee Clinical Psychologist) [sakia.phelps@warwick.ac.uk](mailto:sakia.phelps@warwick.ac.uk). This study has received ethical approval. Reference number: 195257/REC/01. Oxford Institute for Clinical Psychology Training. (OICPT) Recruitment Poster, Version 1.0, May 2024. Self-stigma in Parents of Young People with Functional Neurological Disorders or asthma.

## 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. © 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!

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

www.oxford.gov.uk/youthambition | @oxfordyouthambition | #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 1pm-3pm  
Oxford City Community Areas  
Marston
- Bowling Session**  
Friday 1pm-3pm  
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

**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 | #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

