

# Weekly Newsletter

Friday 14<sup>th</sup> February 2025 | Issue 19

Dear families

This week's Gospel invites us to reflect on the words of Jesus to his disciples: 'Do not be afraid; from now on, you will be fishers of men.' Sometimes, doing the right thing can feel difficult. It can mean choosing to walk a different path – to step away from the crowd and act with virtue, even when it would be easier to follow others.

As we approach the end of term, I have been struck by the students who quietly but courageously separate themselves from the crowd and stand up for what they know is right. This is subsidiarity in action – our young people taking responsibility, using their voice, and choosing to build up our community. The end of term is always a natural time to reflect. It offers us all a chance to pause and consider: what can we do, in our words and actions, to make our community and world a better place?

Looking ahead to next term, we are excited about two fantastic opportunities for our students: our Literary Festival and the Science Fair. Both events will give students the chance to get involved, explore their interests, and continue to grow in knowledge, creativity, and confidence. We also are delighted that our new astro sports pitch is nearly ready for use. This will be a fantastic resource for our school and local community.



I have also been so pleased to see our Catholic Ambassadors working hard this week. They are showing wonderful leadership and embodying our values of care and service. Their work is already making a difference, and I look forward to seeing all they will achieve as they continue to develop their projects as we focus on projects to help the disadvantaged next term.

As always, thank you for your continued support. It is a privilege to work with our students and to see them flourish individually and collectively. I hope you have a joyful half term break.

Lyndsey Caldwell  
Headteacher

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

### Gospel Luke 5: 1 – 11



While the crowd was pressing in on Jesus and listening to the word of God, he was standing by the Lake of Gennesaret. He saw two boats there alongside the lake; the fishermen had disembarked and were washing their nets. Getting into one of the boats, the one belonging to Simon, he asked him to put out a short distance from the shore. Then he sat down and taught the crowds from the boat. After he had finished speaking, he said to Simon, 'Put out into deep water and lower your nets for a catch.' Simon said in reply, 'Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets.' When they had done this, they caught a great number of fish and their nets were tearing. They signalled to their partners in the other boat to come to help them. They came and filled both boats so that the boats were in danger of sinking. When Simon Peter saw this, he fell at the knees of Jesus and said, 'Depart from me, Lord, for I am a sinful man.' For astonishment at the catch of fish they had made seized him and all those with him, and likewise James and John, the sons of Zebedee, who were partners of Simon. Jesus said to Simon, 'Do not be afraid; from now on you will be catching men.' When they brought their boats to the shore, they left everything and followed him.

#### Reflection

This story is about what it means to be a disciple. Many of Jesus's first followers were fishermen, but rather than catching fish, they would be "catching people." Their vocation now was to spread the Good News: that Jesus, the Messiah, had come. They would devote the rest of their lives to sharing this Good News and inviting others to join the Church. At first, Simon Peter doubts Jesus' instructions, and humbles himself when he realises how foolish he was. Jesus is incredibly forgiving though, telling Simon Peter to rise up, leave everything behind, and follow Him into the greatest job of all: building the Church.



Prayer (in honour of St. Valentine):

*God of love, you give us St. Valentine as an example of love. As we gather to celebrate the feast of this loving and caring saint we ask you to bless our friendships. May the love and affection we share with each other, always come from a sense of care and respect. May we always follow the example of your Son, Jesus Christ, who is Lord forever and ever. Amen.*

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

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

## GENERAL NOTICES

### Catholic Life News | Mr Greer

This week, Catholic Life Ambassadors from every form group in the school gathered for their second session of training. We talked about prayer and how to make it more reverent in our lives and in our form time routines. Students nominated "Prayer Coordinators" to take charge in leading, teaching, and planning prayer at the start of next term. It's inspiring to see their eagerness for leadership!

Additionally, many students submitted original artwork or essays to the Columban School's Project, reflecting on the theme of the Jubilee Year: Pilgrims of Hope.



### Sparx Update | Mr Secker

#### WEEK 21 Sparx Maths

Total hours spent on Sparx this year

6,288 hrs

Number of questions answers correctly

372,568

#### XP Champions THIS YEAR 14/02/25

Name	Year	Total XP
Mithun R K	9	48,407
Da Vinci T	8	37,138
Ana Paula C	9	28,653
Miu Miu M	7	28,338
Samayrah K	9	27,350
Chris J	8	23,734
Nedia D C S	8	22,352
Sabella O	7	22,121
Ahmed M	11	22,060
Mathila H	10	21,452

#### XP Champions for ALL TIME 14/02/25

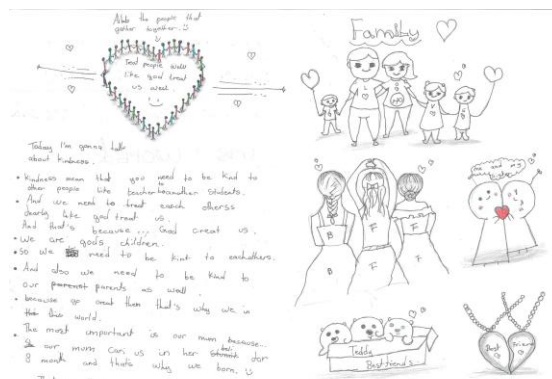
Name	Year	Total XP
Ana Paula C R	9	295,007
Da Vinci T	8	257,138
Isabelle H	9	192,953
Jack C	9	167,721
Klea L	9	157,321
Hajira R	11	137,652
Kryspin B	10	129,228
Ahmad R	9	105,605
Shehar B	10	101,518
Mathila H	10	101,403

#### XP Champions for LAST WEEK

Name	Year	XP POINTS
Hajira R	11	2,775
Kiah S	11	1,645
David E	10	1,540
Bianca S	10	1,509
Bernie C	9	3,571
Jahquon B	9	1,788
Joshua G	8	2,018
Omer S	8	1,402
Keilah A	7	2,775
Bela D	7	1,675

Well done!

Keep up the good work



Well done to Sophia (9BK), Niall (7TT), Jevania (7TT), and Crystal (7TT) for fantastic submissions!

## GENERAL NOTICES

### WELCOME to THE LIBRARY

#### Library News | Miss Brett

Hello fellow readers!

Do you remember our collaborative stories we were writing during National Storytelling week? Well, here they are! Do you like them? Do you think they're complete, or do they need more?

I closed my eyes and held my breath. The storm outside the window lashed against the window pane as I nestled deeper into my bed. I heard footsteps creeping up to my door, I held my breath waiting for it to leave. The door knob rattled once, twice and then there was silence. Footsteps came echoing from atop the stairs. I shrieked in my own fright. It was dark, gloomy and eerie. The melancholic silence singing in her own despair. I trembled, knowing my demise is near to now... "I'm gonna get you!", the voice outside my door sounded like the one of a child. "Come out, come out, wherever you are!" I can feel bile rising to my mouth as I stifle any noise that may give me away. And through it all, the storm; oh, the storm.

"I can't believe you just did that! You'll be in so much trouble when they find out."  
"It's fine! They won't find out if we don't tell them."  
"I think we should tell them the truth."  
"If we tell them we opened the portal to the magic dragon eggs, they would steal them and cage them or take their power."  
"Exactly, so we shouldn't, don't any of you dare open your mouth. We don't know if there are any good guys."  
"Wait, I hear something!" (a creaky sound in the distance)  
"It seems like we might not have a choice now. They're coming!"  
"Wait, I have an idea! Let's just go back using the weather portal and then we live happily ever after playing Minecraft."

#### Aren't these great?

I will keep the story corner alive! We can do collaborative stories, or individual stories, but know that from now on, there's always going to be a space in the library to unleash stories that might be bubbling inside your head.

## GENERAL NOTICES

### Library News Continued | Miss Brett



I have also created a “Fall in love with a new book” tree to encourage all the students to write down the title of their favourite book and display it as a recommendation for their schoolmates.

I cannot wait to see more titles up there!



I would like to say “THANK YOU!” to the student/s who made these lovely Lego hearts! They are proudly displayed on my desk.

As for the Valentine’s Day craft event – I will tell you all about it after the break.

Have a good rest and lots of relaxing with a good book If you don’t have one, come up – there’s something here for everyone.

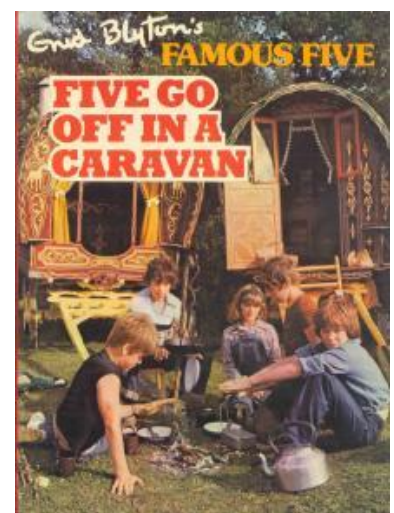
That’s it for now. Until next time...

### Book of the Week | Review by Lian G

#### Five go off in a Caravan (The Famous Five) by Enid Blyton

A novel of a classic beloved children’s book series. It’s certainly a fun and exciting read, one where you can let yourself get sucked into the story and figure out some things along the way. A lot of people find it hard to start reading, especially when most novels require continuity and context but I found this easier to catch with no pre-reading necessary!

It’s whimsical and you have this pleasant feeling settle inside of you when you look over the details and world building put into this story. It’s certainly cosy!



## GENERAL NOTICES

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

As we wrap up another term, take a moment to appreciate how far you've come. Hats off to all Y8 and Y9 students who continue to make the right choices daily, you are noticed! We all have good and bad days that affect our actions but, every right choice we make, whether big or small, counts. So, for all your hard work and effort be kind to yourself, rest, recharge, and celebrate your achievements. We need to extend kindness to others too; a simple "thank you" or a helping hand can make a difference.

Use the break to reset, so you return refreshed and ready to make positive choices for your learning. Your journey is yours to shape so make it meaningful. Enjoy the break, stay safe, and come back with a mindset ready to grow!

#### Students Leading the Way

##### Year 8

Alessandra Emma  
Delight Amna  
Sahas George  
Tommi Kosmas  
Izzy John

##### Year 9

Faith Finley H  
Yurume Nancy  
Ahmad Rehoboth  
Aryan Phoebe  
Khadijat Jesse

#### 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!

### Cars and Parking at Greyfriars

#### Greyfriars Drop-off and Pick-up



If you drop off or collect your child/ren from school, access to the school driveway will not be permitted between 8.15am and 8.45 and between 3.00pm and 3.30pm. The access road is too small for the large numbers of cars trying to park and turn around. This is a risk to safety for our students.

#### Florence Park



If you drop off or collect your child/ren from Florence Park, please be very careful when turning your car around. There have been lots of near misses. Please avoid parking on the road by Florence Park. Do note, there are double yellow lines and **waiting here is prohibited**. Turning in this area is dangerous for our children and for the community. This is a cycleway for our children and the public. There is a genuine risk of serious injury if you park or turn here. Please help ensure the safety of our students.

## GENERAL NOTICES

### Sparx Reader Champions | Miss Moss

Well done to everybody in KS3 on their reading adventures!



#### This week's Sparx Champions

	Boy	Girl
Year 7	Josh	Sabella
Year 8	Omer	Fina
Year 9	Jesse	Phoebe

#### All time Sparx Champions

	Boy	Girl
Year 7	Abdullah	Sabella
Year 8	Da Vinci	Kamzi
Year 9	Jesse	Phoebe

### Languagenut Leader Board | Miss Parish



#### Languagenut Leader Board

1st Rosmelia Y7

2nd Miu Miu Y7

3rd Sylvia Y8

4th Anne Marie Y7

5th Savannah Y9

#### French

Well done to Rosmelia for taking top place on the Languagenut leader board.



Remember you can do independent work on Languagenut as well as your assignments to boost your points and French knowledge!

### End of Term Message for Year 7 | Mr Weedon

We have come to the end of another successful term for Year 7. Attendance at our house events this week has been good and competition is really starting heating up! Students' involvement in Catholic Life has seen our nominated Y7s receive training from Mr Greer on how to be a Catholic Life Ambassador.

#### **REMEMBER!**

SIGN UP to the Year 7 Trip of the Year! - HILL END RESIDENTIAL.



#### **Achievement Points**

7BM - 1439

7LSC - 1025

7RM - 1543

7TT - 2426

Special mention to Crystal and Georgette for accumulating loads of points!

Have a safe week and I look forward to you seeing again in a week's time!

## GENERAL NOTICES

### Sixth Form News | Mr Shaw

#### UCAS Discoveries Trip

On the 24th of March, we will be taking Year 12 students to UCAS Discoveries at the London ExCeL Centre. The event will provide an opportunity to:

- ❖ Speak to universities and colleges about courses and university life
- ❖ Meet with employers and apprenticeship providers to learn about apprenticeships and available options
- ❖ Consult with qualified careers advisers about their future pathways
- ❖ Attend talks from experts in their fields
- ❖ Connect with UCAS experts for dedicated support and guidance on your options



We are excited to offer this opportunity and are looking forward to sharing this opportunity with the Y12s. To book your child's place please go to your ParentPay account.

#### Oxford Brookes Visit: Choosing the Right Course

Our Sixth Form was delighted to welcome Sam from Oxford Brookes University for an insightful talk on choosing a course and university. She shared key advice on making informed decisions, navigating UCAS, and exploring student life. A huge thank you to Sam for helping our students feel more confident about their next steps!

Later in the year our students will hopefully have the chance to experience Brookes Subject Taster Days to gain first-hand experience of studying at university level and student life. They will have the opportunity to:

- ❖ take part in lectures and interactive academic sessions
- ❖ experience practical work and engage in discussion on the topics
- ❖ discover their facilities and student life during a campus tour
- ❖ hear about the career potential of the courses on offer.

#### Good Luck to Our Year 13s!

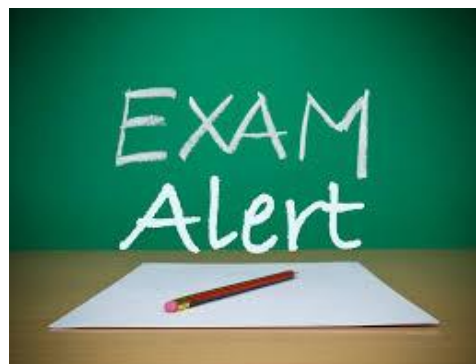
As our Year 13 students return from half-term, they'll be facing their PPE exams. This is a great opportunity to put their hard work into practice and prepare for the final exams ahead. We wish them the best of luck—stay focused, do your best, and remember that every step brings you closer to success!

## GENERAL NOTICES

### Exam Ready! Message for Year 11 | Mr Strachan

As we approach exam season, it is important that you carefully follow the instructions outlined below. Students who do not follow these rules will be disqualified from the exam. This means your paper will be voided, and you will not receive a grade for that subject.

Please be aware that these rules apply to both your Pre-Public Exams (PPEs) and the official summer examinations.



- ❖ **Arrival:** Please arrive promptly on Monday morning. Exams will begin at 9:00 am. You must be lined up outside the sports hall by **8:40 am**, where your tutors will register you. Even if you are sitting your exam in a small room or the dance studio, you must still assemble at the sports hall first.
- ❖ **Equipment:** Ensure you have a clear pencil case and water bottle. If you don't have a clear pencil case, simply bring a pen with you.
- ❖ **Personal Items:** Mobile phones must be switched off and kept in your bag. Watches, headphones, notes, lip balm, hair combs, or any other personal items must not be on you during the exam. If any prohibited item is found, it will be handed to the exams officer and can be collected from her office at the end of the day.
- ❖ **Uniform:** Full school uniform must be worn—**no hoodies or hats**.
- ❖ **Seating Plan:** Check the seating plan displayed on the sports hall window when you arrive. You've been allocated a specific seat. Please memorise your seat number and letter. If you forget, ask a member of staff for help—there will be plenty of staff available to assist you. It is essential that you sit in your assigned seat.
- ❖ **Conduct:** There must be **no communication**—direct or indirect—while lining up or inside the exam hall. If you need help before or during the exam, please speak to a member of staff.

**Wishing you all a lovely half term!**  
**(Remember to revise, but also take some time to relax and recharge).**

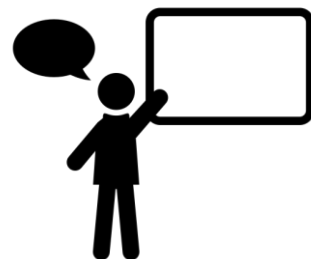
## GENERAL NOTICES

### The Power of Oracy in Learning | Mr Dingley

At Greyfriars Catholic School, we recognise that *how* students communicate is just as important as *what* they learn.

#### Oracy is:

- ❖ the ability to speak with confidence, clarity, and precision
- ❖ is a vital skill that underpins success in the classroom and beyond.



When students articulate their thoughts clearly, they deepen their understanding, strengthen their memory, and develop the ability to think critically. One of the most effective ways we embed oracy into lessons is through *I Say, You Say* and *choral response*.

#### **I Say, You Say: Reinforcing Key Knowledge**

In this technique, the teacher models a phrase, definition, or key idea, and students repeat it back in unison. This call-and-response approach ensures that all students engage with the material, helping them internalise important knowledge while practising clear pronunciation and confident speaking.

#### **Choral Response: Embedding Understanding**

Choral response builds on *I Say, You Say*, with the whole class responding to a question or prompt together. This approach has several benefits:

- ❖ It encourages *active participation*, keeping all students engaged.
- ❖ It strengthens *retrieval practice*, making key knowledge more memorable.
- ❖ It builds *spoken fluency*, helping students to develop confidence in their voice.

By embedding these techniques into our teaching, we ensure that oracy is not just an occasional activity but a fundamental part of learning at Greyfriars. Speaking with clarity leads to thinking with clarity, and our focus on oracy ensures that students leave school with the communication skills they need for future success.

## GENERAL NOTICES

### St Edmund House at Greyfriars Catholic School Raising Funds for SSNAP: Supporting Sick Newborns and Their Families

In an inspiring display of community spirit and recognition of human dignity, St Edmund House at Greyfriars Catholic School is launching a series of fundraising initiatives to support SSNAP (Supporting Sick Newborns and Their Parents). The charity, which provides vital assistance to families of sick and premature babies, has been a lifeline for parents facing unimaginable challenges at one of the most difficult times in their lives.



In the UK, 1 in 10 babies require specialist care at birth, and for these families, the journey begins in an unfamiliar, often overwhelming environment. Instead of the joyous experience of bringing a newborn into the world, parents find themselves surrounded by incubators, wires, medical tests, and constant intervention as their little ones receive the specialised care they desperately need.

This is where SSNAP steps in. Operating at the Newborn Care Unit at the John Radcliffe Hospital, SSNAP is committed to providing emotional, financial, and informational support for families navigating this traumatic and uncertain period. Whether it's a listening ear, financial assistance for accommodation, or vital resources to understand their baby's care, SSNAP offers crucial services that help parents feel less isolated and more empowered to care for their newborns.

**Mr Masterson will be will be running the Great North West Run on Sunday 16th February in aid of SSNAP.**

This is a personal challenge for Mr. Masterson, who hopes to raise awareness and funds to support the charity's ongoing work.

Donations are welcome and can be made through his JustGiving page:

**[DONATE](#)**

This is followed by a further two half marathons at Bath and at Oxford.

The values of **Support, Caring, Compassion, Family, and Togetherness** are at the heart of this initiative, echoing SSNAP's unwavering commitment to helping families through their darkest hours.

To show your support for SSNAP and contribute to this noble cause, visit the St Edmund House fundraising page or join their upcoming events. Every donation, no matter how big or small, can make a world of difference to families in need. Together, we can ensure that no family goes through the traumatic experience of having a sick newborn alone.

## GENERAL NOTICES

### Staff in the Spotlight!



#### Miss L Parish | Teacher of Modern Foreign Languages

##### What is your favourite holiday destination?

Macedonia, it's beautiful and has the most welcoming culture

##### Tell us something interesting about yourself.

I spent time teaching in Panama. To get to school, I had to travel by boat through mangroves and saw sloths and poisonous frogs.

##### What do you love about working in a school?

Every day is different and I get to laugh every day!

##### If you could have dinner with an historical figure or celebrity, who would it be and why?

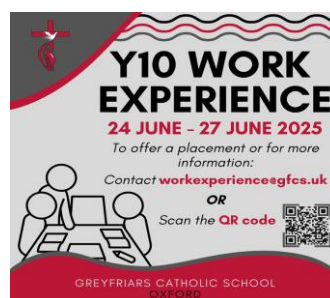
Bob Marley – I'm a big fan of his music and would like to know more about his life.

##### Do you have a Pet?

Sadly no, but I am a big animal lover!

### Careers | Miss Manns

Year 10 mock interviews will be taking place on 3<sup>rd</sup> April in preparation for the work experience later this academic year. If you would like to be involved in this event, please express your interest via [careers@gfcs.uk](mailto:careers@gfcs.uk)



For lots of useful information regarding careers, please click:

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

##### What is your favourite meal?

Lasagne

##### What is your favourite film?

Blood Diamond

##### What is your favourite book?

A Thousand Splendid Suns by Khaled Hosseini

##### What is your star sign?

Taurus

## GENERAL NOTICES

### Basketball Tournament | Mr Roman Her World, Her Rules Oxford 2025

Basketball England announcement: "A number of basketball clubs and organisations have been selected to deliver the next iteration of FIBA's women's and girls' basketball campaign, Her World, Her Rules (HWHR), on behalf of Basketball England and the British Basketball Federation (BBF)"

We are delighted to share that Greyfriars Catholic School and Oxford Elite Basketball Academy has been honoured with selection by Basketball England as a delivery organisation, following the inspiring "Her World, Her Rules" campaign led by FIBA, Basketball England, and the British Basketball Federation, to organise a one-day 3x3 basketball tournament for girls as part of this initiative.



#### Overview of the Tournament

The 'Her World, Her Rules' (HWHR) initiative is FIBA's largest and most recognised grassroots programme globally. An exciting and unique project, it has an extensive and incredible track record of successfully raising awareness and promoting women's and girls' basketball across the globe.

Date: **Tuesday 18<sup>th</sup> March 2025**

Time: **12:00 to 15:00**

Venue : Greyfriars Catholic School- Sports Hall

**12** Girls teams (4 players per team):

**U13** - 24 girls (year 7 and year 8)

**U15** - 24 girls (year 9 and year 10)

Entry fee: £15/team(covered by Greyfriars Catholic School)

**REGISTRATION CLOSE - we reach the number of 12 teams.**

For more info contact Mr. Roman.

## 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



## 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 – 21 February | Half Term

24 February | Year 11 and Year 13 PPE2 begins

26 February | Wembley Trip

26 February | Ibis Construction Careers Trip

28 February | Year 12 Global Citizenship Trip to St Clare's

3 – 7 March | Year 12 Work Experience Week

3 March | Lemongrass Careers Trip

3 – 14 March | Greyfriars Literary Festival



### 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

UNIVERSITY OF OXFORD **TOPIC** **OCD UK**

## 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!

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)

Scan here for more information!



We're excited to hear from you!



UNIVERSITY OF OXFORD **TOPIC** **OCD UK**

## 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!

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!)

SCAN FOR MORE INFORMATION



## 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

**Connection Support**

**FACE** FAMILY ADVISOR COMMUNITY RESOURCES

## February 2025 Newsletter

**Thursday 20th Feb** 19:00 - 20:00 FREE

**FREE SESSION**  
Supporting Healthy Screen Use  
A range of steps that can help minimise the harms from screens

**Monday 3rd Feb** 10:00 - 11:30 £24

Supporting a Child with ADHD  
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

**Tuesday 11th Feb** 19:00 - 20:30 £24

**Facing Defiance**  
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

**Tuesday 18th Feb** 19:00 - 20:30 £24

**Cannabis & Ketamine Awareness**  
Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

**Tuesday 25th Feb** 19:00 - 20:30 £24

**Understanding the Teenage Brain**  
A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

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

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am

## 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)



## LOCAL EVENTS AND OPPORTUNITIES

No Literacy Programme funded by





**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



Outstanding care by an outstanding team

| Caring | Safe | Excellent |

**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 :



ONHS OXFORD HEALTH NHS FOUNDATION TRUST

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



**DR. EAM ASPIRE**

SATURDAY | 08 MARCH 2025 | 10.00 AM - 3.30 PM  
Online Zoom Webinar

ARE YOU A YEAR 10-12 STUDENT CONSIDERING A CAREER IN HEALTHCARE?



Free outreach conference for Year 10-12 students!

- Talks from nurses, physiotherapists, doctors, and other healthcare professionals.
- Guidance on the university application process & work experience.

 BWAMS Sign up at: <https://tinyurl.com/dream-aspire2025>

# 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@pwr.ox.ac.uk](mailto:sakia.phelps@pwr.ox.ac.uk). This study has received ethical approval. Reference number: R95257/RECD01. 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. 05857208. 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](http://www.oxford.gov.uk/youthambition) | [@oxfordyouthambition](https://twitter.com/oxfordyouthambition) | [oxfordyouthambition](https://facebook.com/oxfordyouthambition)  
[youthambition@oxford.gov.uk](mailto:youthambition@oxford.gov.uk) | 01865 252278

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 Arena  
Marston
- Bowling Session**  
Friday 1pm - 3pm  
OMAA, Templars Square
- BBL Friday Multi-Sport Session**  
Friday 6pm - 7.30pm (11-14yrs)  
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) | [oxfordyouthambition](https://facebook.com/oxfordyouthambition)  
[youthambition@oxford.gov.uk](mailto:youthambition@oxford.gov.uk) | 01865 252278

## 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



### 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