

# Weekly Newsletter

Friday 28<sup>th</sup> March 2025 | Issue 24

Dear Greyfriars Families

This week's Gospel (Luke 13:1–9) reminds us of the parable of the fig tree, a story about patience, growth, and the hope that we can always improve and bear fruit. It speaks so clearly to our mission at Greyfriars: to champion each and every student so that they flourish, both individually and collectively. The message is simple but powerful, we are all growing, and sometimes we need support, encouragement, and time to become who we are meant to be.

This theme of growth and support has felt especially real for me this week. Unfortunately, I have injured my knee and am now hobbling around on crutches. For someone who is used to whizzing about the site, it has been quite the adjustment! I've been feeling a mixture of sadness and frustration at being slowed down, but also completely overwhelmed (in the best way) by the kindness of our school community. I have been met with a barrage of care: open doors, offers to carry bags, kind words, and endless well wishes. It has reminded me once again how lucky we are to be part of such a thoughtful, compassionate, and generous school.

While I've been moving slowly, the rest of the school has been as busy as ever: there is no sign of us slowing down. On Wednesday, I had the joy of accompanying our Year 12s to see Hamlet in Stratford-upon-Avon; this was a real highlight of my week! We've also had a number of university and careers trips, offering students exciting opportunities to explore their futures and expand their horizons.



It's been a week filled with challenge, inspiration, and kindness and I wouldn't want to be anywhere else. I am so grateful to our school community.

Have a beautiful weekend with your families.

Lyndsey Caldwell  
Headteacher

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

### Gospel – Luke 13:1–9



Some people told Jesus about the Galileans whose blood Pilate had mingled with the blood of their sacrifices. Jesus said to them in reply, 'Do you think that because these Galileans suffered in this way they were greater sinners than all other Galileans? By no means! But I tell you, if you do not repent, you will all perish as they did! Or those eighteen people who were killed when the tower at Siloam fell on them—do you think they were more guilty than everyone else who lived in Jerusalem? By no means! But I tell you, if you do not repent, you will all perish as they did!' And he told them this parable: 'There once was a person who had a fig tree planted in his orchard, and when he came in search of fruit on it but found none, he said to the gardener, 'For three years now I have come in search of fruit on this fig tree but have found none. So cut it down. Why should it exhaust the soil?' He said to him in reply, 'Sir, leave it for this year also, and I shall cultivate the ground around it and fertilize it; it may bear fruit in the future. If not you can cut it down.'

#### Reflection

In this story, the vinedresser's actions manifests the mercy of God who leaves us time for repentance. We all need to convert ourselves, to take a step forward; and God's patience and mercy accompanies us in this. Despite the barrenness that marks our lives at times, God is patient and offers us the possibility to change and make progress on the path towards good. Yet, the vinedresser tells the master: "Let it alone, sir, this year also" (v. 8). The possibility of conversion is not unlimited; thus, it is necessary to seize it immediately; otherwise it might be lost forever. This Lent, we can consider: what do I have to do to draw nearer to the Lord, to convert myself, to "cut out" those things that are not good? How can I repent, and therefore grow in goodness?

*Lord, help me in my repentance this week, particularly as it is the time of Lent. I remember the sacrifice you've made for my sake, and I hope to only respond with gratitude and increasing love. Help me love you more, so much so, that I turn committedly away from my sins. Give me the strength to grow into your likeness, and help others around me do the same. 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 decorated the school for Lent, placing a Lenten bow on every prayer board in our tutor rooms. They also started preparing framed photos of "classroom Patron saints." They've been busy at work! They also planned Stations of the Cross service, held in the chapel on Friday. The prints, prayers, and plan were designed entirely by students, giving us an opportunity to meditate on Christ's sufferings and sacrifice during this Lenten season.



House Assemblies also occurred this week, in which Sixth Form leaders spoke on The Preferential Option for the Poor and how we can practice that in our own lives. The assemblies were inspiring and useful as we think about our actions in school and outside of it.

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

Our Year 9 students have had an incredibly busy and productive two weeks. Firstly, a huge thank you for the fantastic turnout at the Options Evening. The atmosphere was lively, and it was wonderful to see our Y9s approach the event with such confidence and enthusiasm, seeking the best advice for their Key Stage 4 journey. Additionally, I want to commend their positive behaviour and maturity during the Options Carousel. Teachers were highly impressed with their focus and attitude.

#### Important Dates

**Parents' Evening:** Thursday 1<sup>st</sup> May | 4pm – 7pm

**Options Form Link:** Open on Satchel from 1st April. Closes 2nd May.

Please attend Parents' Evening before your child finalises their choices.

#### Students Leading the Way

##### Year 8

Kosmas	Yulanda
Amalia	Delight
Sahas	John
Alfie	Joshua
Amna	Fina

##### Year 9

Faith B	Juliet
Finlay H	Ahmad
Diogo	Rosie
Aryan	Alisha
Daisy	Leah



**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!

## GENERAL NOTICES

### Hamlet Theatre Trip | Ms Caldwell

This week, some of our Year 12 students enjoyed a fantastic enrichment trip to Stratford-upon-Avon, the home of William Shakespeare. While it was a brilliant opportunity for our A Level English students, we were delighted to open it up to other interested Year 12s as well. After a sunny stroll through town and a visit to Shakespeare's church (just missing the grave!), the group soaked up the atmosphere of this historic town, some perhaps more excited about the local McDonald's than the Bard himself. The performance was exceptional – Elsinore was set on a ship and this added to the chaos.

A joyful and memorable evening. (We will return in a couple of months for a Shakespeare/ Radiohead collaboration, which I am ridiculously excited about!)



### Going the Extra Mile for SSNAP: Supporting sick newborns and their families

The fundraising campaign, initiated by St Edmund House students and staff, aims to raise awareness and financial support for SSNAP, whose work is crucial in offering both

emotional and practical support to families during the fragile early days of a newborn's life. This charity steps in to provide families with resources, guidance, and even financial assistance during a time when parents are grappling with the uncertainty of their child's health and well-being.



Mr Masterson has run both the Great North West Run and the Bath half marathon on Sunday. This is followed by a further half marathon at Oxford in October running a total of 39.3 miles in total.

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

<https://www.justgiving.com/page/sean-masterson-2?newPage=true#sharePage>.

Together, we can ensure that no family goes through the traumatic experience of having a sick newborn alone.

## GENERAL NOTICES

### Year 12 Oxford University Trip | Dr Angelici

On Thursday a group of Y12 biology students took part on a visit to the Medical Research Council Brain Network Dynamics Unit at the University of Oxford. It was a truly inspirational event, where the students experienced the integration of clinical, experimental and computational neuroscience, whilst observing the research projects that take place in the laboratories.

The students were given a lecture on some of the most current theories on brain function and the role of animal testing in neurological research. They were then given the opportunity to analyse brain tissues under light and electron microscopes, participate in a computerised assessment of neuronal coordination in patients suffering with Parkinson's syndrome, and finally discover how brain waves can be captured by electrodes to devise machines that allow verbal communication or motility in severely impaired patients.

The highlight of the experience was probably when the students were given the opportunity to 'operate' on a jelly brain, inserting probes and electrodes at the right angles to reach the different areas of the brain. It was a truly inspirational day, which has enthused our students to learn more about biology and biological research.



### Into University Trip to St Hilda's College | Mr Cunningham

On Thursday, some of our Y8 students had the opportunity to visit St Hilda's College, Oxford, as part of the Into University programme. They had the chance to participate in a short seminar about Linguistics, getting an idea of what work at university could entail, before a Q&A session and tour of the college and its grounds.

In the afternoon they had a further chance to explore university courses and design their own programme of studies, which gave them a valuable insight into the variety of courses available to them through undergraduate study.

## GENERAL NOTICES

### Sparx Update | Mr Secker

#### Sparx Maths **WEEK 25**

Total hours spent on Sparx this year  
7,745 hrs

Number of questions answered correctly  
474,568

#### XP Champions THIS YEAR 28/03/25

Name	Year	Total XP
Mithun R K	9	53,407
Da Vinci T	8	43,138
Miu Miu M	7	39,388
Ana Paula C	9	36,653
Samayrah K	9	36,350
Sabella O	7	29,421
Nedia D C S	8	28,652
Ahmed M	11	27,728
Chris J	8	25,899
Taryn N	7	25,752

#### XP Champions for LAST WEEK

Name	Year	XP POINTS
Divo D A S	11	2,375
Sophia P	11	2,045
Russell R	10	1,640
Romania S	10	1,509
Mithun R K	9	3,371
Progress O	9	1,588
Finley F	8	1,918
Da Vinci T	8	1,602
Miu Miu M	7	3,075
David A	7	2,375

**Well done! Keep up the good work.**

### Restaurant

Keep your eyes open for the new Summer Menu in our restaurant. This will be published after Easter. Students - come along and try it out!



### Mock Trial Competition | Dr Kay

Last Saturday morning a handful of Greyfriars' students from Years 8 and 9 pitted their wits against teams from across the county at Oxford Magistrates' Court. The public gallery was full as spectators gathered to see a fictional case on the theme of football hooliganism colourfully and authentically brought to life.

Taking up their places in court for the day, as lawyers, legal advisors, witnesses, defendants, magistrates and court ushers, the students displayed high spirits, shrewd strategy and a sharp competitive edge.

Thanks to the Greyfriars' Electives programme, this is the third year in succession that we have competed in the '**Magistrates' Court Mock Trial Competition**'. It is run by the **Young Citizens** education charity and is an exciting opportunity to collaborate with other schools, meet the High Sheriff of Oxford and speak in court. Intended as a way to help young people gain an insight into how the law works, the competition also provides invaluable experiences of teamwork, public speaking, scrutinizing evidence and conducting debates.



The whole team were especially proud to see the trophy for Best Defendant awarded to Lara Sturdy in Year 9. It was well deserved.

## GENERAL NOTICES

WELCOME  
to  
THE  
LIBRARY

## Library News | Miss Brett

Hello fellow readers!

We have so much to tell you!

First of all, well done to all the students who have been reading consistently for the past 6 months, but also to those who have just started! It is never too late to fall in love with a book.



In TERM 3, you borrowed **653** from the library!

I wonder if you can read even more in the coming weeks... Remember, whenever you complete the loyalty bookmark, you get a chocolate and are in to win a £10 voucher! And that's on top of the benefits reading has on your life, well-being, and test results.



Secondly, I have updated our monthly competitions! The additional categories are: Short Story of the Month and Poem of the Month. Unleash your creative side and let the words flow..



Next week, we will be focusing on Easter and its significance. Jesus sacrificed his life for us, so I am encouraging our school community to sacrifice a little bit of their time, come to the library, create an uplifting message, and spread kindness by handing it to someone. Come along, both students and staff welcome!

We will also run a Book Character Easter Hunt at lunchtime on Thursday 3<sup>rd</sup> April. Find the riddles, solve them, and be in to win an Easter Egg prize. Most importantly, have fun 😊.

Finally, I am also beginning my quest to retrieve the overdue books that belong to the library. There are many... so be sure to take a look around your house and make sure they are returned to their rightful home (or renewed if you are still reading them).

To help you make the right decision, I am announcing **OVERDUE BOOKS AMNESTY** until end of April 2025. If you are not sure what it means, carry on reading and find out.

Phrase of the week: **Overdue books amnesty** | A temporary period during which libraries allow borrowers to return overdue books without having to pay late fees or penalties. It's a way to encourage the return of books that are past their due date. That's it for now.

## GENERAL NOTICES

### Message for Year 7 | Mr Weedon

What a week for Y7s! Sports- wise, we had a fixture on Thursday against Oxford Spires. Our Y7 girls stepped up and played the Y8s - they worked really hard – it was a great team effort.

In PE we are starting our new sport - American Football. Yesterday I watched Mr Mehmeti's class have a go. The students were concentrating on the new skills and putting real effort into the new discipline.

Remember! Mr Scott is running a SPARX Reader and Maths competition for Y7. The top girl and boy with the most points will get a shout out by Ms Caldwell during Monday's assemblies – chocolates are on me!

I hope you all have a fantastic weekend, stay safe.

#### Top Achievement Points this Week

7LSC - Emily VDS and Taryn N

7TT - Sara S and Kenedy Q

7RM - Esther O and Greidi L

7BM - Alex A and Haider G

**Well done!**

### 6<sup>th</sup> Form News | Ms McCabe

Sixth Form students have had a brilliant and very busy week! Please look out for our Sixth Form end of term letter next week.

#### UCAS Trip

On Monday, 70 students went by coach to the ExCel Centre in London for the UCAS exhibition. Students spoke to University representatives from almost every institution in the country as well as apprenticeship providers. Despite the long journey and the queues at some of the stalls, it was definitely worthwhile and gave them a better sense of the huge variety of courses available. We still had lots of smiles at the end as we arrived back at school!

#### House Assemblies

Our Sixth Form House Leaders did a brilliant job this week by being responsible for the House Assemblies. They planned, prepared and delivered presentations on each House Charity linking it to our whole school theme this term of Preferential Option for the Poor. This is such a rich learning experience for the House Leaders and they are proving themselves to be powerful and impressive role models.

#### Jacari Tutoring

We are almost ready to launch our Jacari Tutoring led by Sixth Form tutors who will work with younger students on language learning and oracy. A group of 5 Y12 students will be trained next term ready to start working alongside a key student later in the term. The project has already run successfully in schools throughout Bristol and Oxford and shows that some of the greatest gains are experienced by the tutors - building confidence, listening, responsibility and leadership. Once we start the programme in Term 5, we are looking to expand this project to support even more Sixth Formers and their tutees.

## 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	Abdullah	Akosua
Year 8	Da Vinci	Eleesha
Year 9	Mathila	Daisy

#### All time Sparx Champions

	Boy	Girl
Year 7	Abdullah	Anne Marie
Year 8	Da Vinci	Kamsi
Year 9	Jesse	Phoebe

### Stage Production | Mr Phillips

Over the last few weeks a small group of students has been designing the stage set up for our end of year production of High School Musical. From scratch they have designed the on-stage dividers that will be able to change cover screens. They have displayed excellent team work being able to 3D model, cost for materials and create a final making plan ahead of assembly in the coming weeks.

Particular credit goes to Anna J and Aoife B for taking complete responsibility for the art on the multiple screens. These will be used to set the backdrop for the production. Having laid out basic sketch designs for all screens they have now started to draw the templates onto the screens ahead of painting.

connect the four planks together, with Dowel, short nail with glue

Inside the four planks, another board is there which is connected by dowels, small nail with glue, an addition is between this, there is a gap

Another board, added to the first board is screw by small nail and glue

A long plank connected to the second board by Dowel and short nails with glue

506

Osique Ilijas

122 x 2 = 244

130 x 2 = 260

150 x 3 = 450

170 x 3 = 510

130 x 4 = 520

= 1864cm x 4

= 7456cm

76.5m

80m

506

244

760

122 x 2

150cm

75cm

130

130cm

26cm

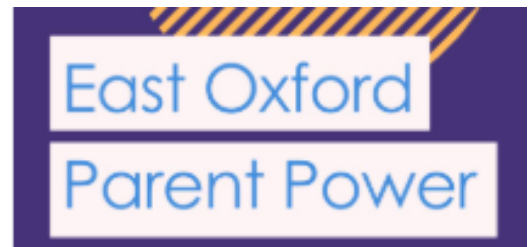
130cm

## GENERAL NOTICES

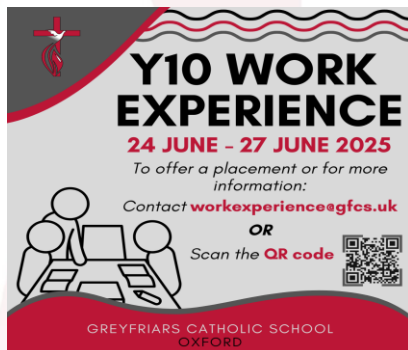
### Careers | Miss Manns

#### East Oxford Parent Power Meeting 1st of April!

April 1st at Rose Hill Community Centre 6:00pm to 8:00pm (online zoom attendance available). There will be a talk from Oxford Brookes University on GCSE options and how we can discuss with young people their motivations, interests and who they are as a person to help make those choices and beyond.



Whether GCSE choices are in the future or already happened, discussing what makes us happy, our skills, interests and values and how understanding ourselves better can help shape what we want to do from GCSEs to A-levels, apprenticeships or onto to University and work. Then we'll also discuss our tutoring and other campaigns planning out next actions going forward. [Sign-up Here!](#)



For lots of useful information regarding careers, please click:

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



### Easter Egg Raffle

Come and buy a ticket for our Easter Egg raffle! Mrs Reddy will be selling tickets during break and lunch.

**£1 per ticket.**

The raffle will be drawn at assembly on Friday.  
Good luck!



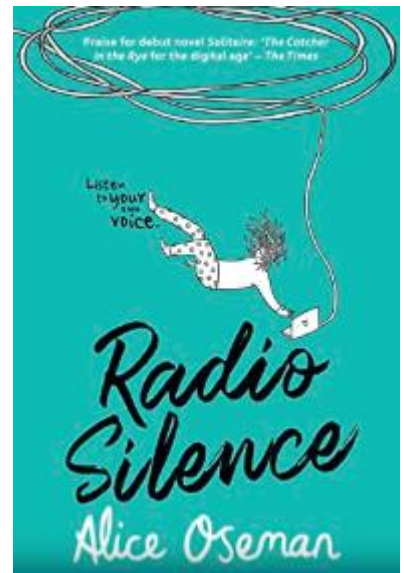
## GENERAL NOTICES

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

#### Radio Silence by Alice Oseman

In the universe of Heartstopper, although it's not exactly focused on the same topics. You follow Frances- a very studious girl with a lovely artistic hobby that leads her to a curious situation of meeting Aled. It's a brilliantly thought out novel based on some of the biggest burning questions of students who wonder about the future but also for those stuck in a difficult position.

Described as 'A cry for help being heard', it's acknowledgement that there may be things you choose or that you go through with that just end up not being for you. It shows how there's always something waiting for you out there. That you'll find a place in this massive universe and there's no doubt about that.



### Astroturf

Please remember that your child needs Astroturf trainers or turf football boots – see the picture adjacent for examples of the shoes that are permitted.

Students wearing the incorrect footwear will not be permitted on the Astroturf.

Football boots can be bought for as little as £4.99 via Sports Direct (Sondico ones).



We will hold some spare boots to lend to students if necessary, however, these are to be returned at the end of the lesson. This way we can ensure we always have a supply of boots for those students who forget theirs or are in the process of buying their own.

If anyone has spare Astro shoes that they would like to donate to the school, this would be much appreciated. These would be used or students to borrow as explained above.

## GENERAL NOTICES

### How to Create an Effective Revision Timetable | Mr Dingley

At Greyfriars Catholic School, we encourage all students to revise regularly and with purpose. One of the best ways to stay on track and reduce stress is by using a *revision timetable*. A well-planned timetable turns revision from something overwhelming into something manageable—and helps you make the most of every minute.

#### Why Use a Revision Timetable?

A revision timetable helps you:

- ✓ Break revision into *small, focused chunks*
- ✓ Cover *all subjects and topics* over time
- ✓ Avoid *last-minute cramming*
- ✓ Build in *rest and recovery time*
- ✓ Stay *motivated and in control*



#### Step-by-Step: Making a Timetable That Works

- 1. Know What You Need to Revise** | Start by listing all your subjects, then break each one down into specific topics (e.g. Science → Biology → Cells). This makes your revision more focused and measurable.
- 2. Use a Weekly Planner** | Choose a blank weekly timetable and start by filling in non-negotiables: school, meals, rest, and hobbies. Then fit revision sessions around them. Even *30–45 minutes per subject* makes a big difference.
- 3. Mix It Up** | Avoid doing the same subject all day. Mix different subjects and topics to keep your brain engaged (this is called *interleaving*, and it helps you remember more).
- 4. Space It Out** | Don't revise the same topic over and over in one day. Spread topics out over time so your brain can revisit and strengthen its memory (this is called *spaced practice*).
- 5. Build in Breaks and Rest** | Rest is vital. Add short breaks after every session and give yourself proper time off each day. Tired brains don't learn well!
- 6. Be Flexible, but Stick to It** | Things might not always go to plan—and that's okay. If you miss a session, move it elsewhere. What matters is consistency, not perfection.

#### Top Tip: Start Early, Revise Often

Revision works best when it's little and often. Starting early gives you time to build knowledge steadily—and reduces pressure later on.

An effective timetable gives you structure, confidence, and control. It helps you use your time wisely and feel ready for whatever exams come your way. Start planning now—and stick with it!

## 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

- 1 April | New Management Information System
- 1 April | Basketball Tournament
- 3 April | Y10 Mock Interviews
- 3 April | KS4/5 Revision Video Released
- 4 April | Last Day of Term (Early finish)
- 7 – 18 April | Easter Holiday
- 21 April | BANK HOLIDAY
- 22 April | First Day of Term 5
- 24 April | RAF Benson Trip
- 24 April | Community Awards Evening
- 25 April | Year 9 TCP/MenACWY Immunisations



### 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!

### 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

# Easter with Eggbert

SATURDAY 19<sup>TH</sup> APRIL 2025 • 10AM TO 6PM

PAUL GUSTAFSON  
INTERNATIONAL  
CHILDREN'S  
AUTHOR  
AND WHSMITH  
OXFORD  
PRESENT  
**EASTER WITH  
EGGBERT**



PAUL WILL  
BE READING AND  
SIGNING COPIES  
OF THE  
**EGGBERT'S  
ADVENTURES**  
BOOKS  
THROUGHOUT  
THE DAY

**FREE COLOUR AND DESIGN  
AND EGGBERT CHARACTER**

**FREE WORD SEARCHES**

**ALL PARENTS AND  
CHILDREN WELCOME**

**MEET THE GIANT EGGBERT,  
THE WORLD'S LARGEST EGG**

**FREE EGGBERT GAMES  
AND ACTIVITIES**

**BOOK READING**

**HOLD AND GUESS THE WEIGHT  
OF THE GIANT OSTRICH EGG**

**FREE CROSSWORDS**

**WH SMITH • 22 CORNMARKE STREET • OXFORD • OX1 3HE**  
FOR MORE DETAILS PLEASE SEE OUR SOCIAL MEDIA PAGES AND WEBSITE  
[www.instagram.com/whsmithofficial](http://www.instagram.com/whsmithofficial) • [www.facebook.com/WHSmithuk](http://www.facebook.com/WHSmithuk)  
[www.whsmith.co.uk](http://www.whsmith.co.uk) • or email: [5456.mgr@whsmith.co.uk](mailto:5456.mgr@whsmith.co.uk)  
[www.eggbertsadventures.com](http://www.eggbertsadventures.com)

## THE NASIO TRUST'S EASTER EGGSTRAVAGANZA

**Date:** Sat 12th April  
**Venue:** Abbey Buildings, OX14 3JB  
**Time:** 10 AM - 2 PM  
**Entry:** £5 for children (ages 3-12)  
**Free for all others**

**\*\*Children's entry includes:\*\***  
 Egg hunt, egg and spoon race and pin the tail on the bunny

**Join us for an egg-celent day of fun, activities, and excitement for the whole family!**

Keep an eye out for further details!

Any queries please email:  
[divya.godbole@thenasiotrust.org](mailto:divya.godbole@thenasiotrust.org)

Scan to register your interest!



**Abingdon & Witney College**

**Oxfordshire Adult Learning**  
A FACULTY OF ABINGDON & WITNEY COLLEGE

## Navigating the Teen Years

Oxford Hub  
Windale Primary School  
Windale Avenue  
Oxford OX4 6JD

**Connect with other parents, share experiences, and find support in creating a positive environment for your family.**

Come along to gain valuable insights into teenage brain development, maintaining healthy relationships, setting boundaries and keeping safe on phones and online.



4-week course

Tuesdays

29th April, 6th May, 13th May, 20th May

9:30am - 11:30am

To book a place please contact Katie or Gemma at Oxford Hub  
[katie@oxfordhub.org](mailto:katie@oxfordhub.org) | [gemma@oxfordhub.org](mailto:gemma@oxfordhub.org)

# 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!

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! 



## SEND TOGETHER

### A DAY FOR PARENT CARERS TO CONNECT, SHARE AND LEARN

**THURSDAY  
13TH MARCH  
9AM - 3PM  
THE KINGS CENTRE,  
OX2 0ES**

- Workshops and Information Sessions
- Panel Discussion and Q&A
- SEND Advice Clinics
- SEND Marketplace

FOR REGISTRATION OR MORE INFO: [WWW.TINYURL.COM/SENDOGETHER](http://WWW.TINYURL.COM/SENDOGETHER)

A LOCAL AREA PARTNERSHIP EVENT

**BOB**  **OXFORDSHIRE COUNTY COUNCIL** 

## MySpace

A weekly online creative wellbeing group for 12 to 14 year olds experiencing Emotionally Based School Avoidance



Starting September 2024  
Time and day TBC with group

Express interest by filling in our online form:  
[www.ark-t.org/refer-someone-to-us](http://www.ark-t.org/refer-someone-to-us)  
or call Vanessa on 07388 092590  
Supported by Well Together



**ARK·T**  
Creativity Changes Lives

## Blackbird Leys COMMUNITY LARDER

Oxford Hub Working together to build a better Oxford

**What is a community larder?**

A membership programme that provides:

- Access to utility discounts and social tariffs.
- Local business discounts
- Little larder club
- Meet new people in a friendly environment.

**Who can join?** Anyone who wants to prevent food waste and save money. It is not means tested.

**Where does the food come from?** A Didcot based charity, providing surplus food, training and opportunities to young people and organisations.

**£10 P/YEAR ANNUAL JOINING FEE** + **INDIVIDUAL MEMBERSHIP FROM £3.50 P/WEEK** + **FAMILY MEMBERSHIP FROM £7 P/WEEK**

An individual membership provides: up to 10 items of non-perishables (paste, tins etc.) per week plus free fruit and vegetables. A family membership is twice as much.

We offer hot drinks in our back room to all members and volunteers, this is from around 12:30.

Want free food and a bunch of other benefits?  
Sign up today!  
[www.sofea.uk.com](http://www.sofea.uk.com)

## Multaka Oxford Club


Welcome to this friendly, supportive new club.




Meet new people  
Practice your English  
Find out more about your local community  
Share skills and ideas  
Find out about volunteering and visit the museums

"A place to discuss, learn and share ideas"  
Thabo, Multaka volunteer

**Every Tuesday (starts 5th December)  
14:00-15:30  
Oxford Hub,  
Windale Avenue, Oxford  
(see other side for directions)**

Come along and say hello.  
Any questions or for more information call Sarah  
07729 290462 / email [sarah.levete@glam.ox.ac.uk](mailto:sarah.levete@glam.ox.ac.uk)



## Multaka Oxford Club

We are in the Oxford Hub, next to Windale Primary School, Windale Avenue OX4 6JD




**Oxford Hub** Follow the signs for Oxford Hub. Then go through the gate.

We look forward to seeing you.

Multaka Oxford Club is a meeting point for people, cultures and ideas

## LOCAL EVENTS AND OPPORTUNITIES



Tuesday 8 April  
11am - 1pm  
Free event

### Blackbird Leys Family Easter Fun

Hop on over for a day of fun, including:

- Arts and crafts: unleash your creativity with fun projects
- Easter egg hunt: find the hidden eggs. They'll be limited numbers so be quick!
- Animal interaction: meet and greet adorable animals
- Sports activities: get active with games and sports
- And much more: surprises and fun for the whole family

#### Details

Windale Hub  
Windale Avenue  
Oxford  
OX4 6JD

If you have any questions, please contact:  
joanne.hoy@peabody.co.uk



## Whats going on this month?

MARCH 2025

OXPCF.ORG.UK/EVENTS

- TUES 05 LISTENING EVENT 7.30PM**  
Venue: Teams, Online Topic: Alternative Education Provision
- MON 10 WITNEY CONNECT 12.45PM**  
Venue: Witney Congregation Church Guest: Autism Services Group
- TUES 11 DIDCOT CONNECT 12.15PM**  
Venue: Civic Hall Guest: One-Eighty
- THUR 13 SEND TOGETHER 9AM - 3PM**  
Connect, Learn and Share. An event facilitated and hosted by the Local Area Partnership. Sign up for your ticket [www.tinyurl.com/SENDtogether](http://www.tinyurl.com/SENDtogether)
- FRI 14 CAMHS NDC WEBINAR 1PM**  
Venue: Teams, Online Topic: Moving Into Adulthood
- MON 17 ABINGDON CONNECT 10.45AM**  
Venue: Carousel Family Centre Guest: One-Eighty
- FRI 21 BICESTER CONNECT 9.30AM**  
Venue: Bicester East Community Centre Guest: TBC
- TUE 25 BANBURY CONNECT 10.15AM**  
Venue: Jubilee Park Hall Guest: One-Eighty
- THUR 27 ONLINE CONNECT 8PM**  
Venue: Teams, Online Topic: Oxfordshire Healthier Steps
- TUE 31 WANTAGE CONNECT 11.15AM**  
Venue: Letcombe Regis Village Hall Guest: TBC

**EASTER CRICKET Camp**

Easter cricket camps for young cricketers aged between 5 and 14

**MONDAY 7TH - FRIDAY 11TH**  
9AM - 3:30PM

**MONDAY 14TH - THURSDAY 17TH**  
9AM - 3:30PM

**BATTING BOWLING FIELDING**

Sign up: [www.oxfordcricketclub.com](http://www.oxfordcricketclub.com)

**OXFORD CRICKET CLUB**

The origins of Oxford Cricket Club go back over 130 years. As the main club in the historic City of Oxford, the Club goes under the name of Oxford Cricket Club without forgetting its long and illustrious origins. The formative clubs were Cowley St John Cricket Club, who celebrated their centenary in 1987 and Headington United Cricket Club which was originally part of what is now Oxford United FC.

Over the years, we have enjoyed a long and successful history and have been pillars of the original Cherwell League, winning the title in 12 of its first 20 years. Our 1st XI have been competing in the Home Counties Premier Cricket League since its formation in 2000. In 2016 the club made the move to the Oxford University Press Sports Association Ground at Jordan Hill.

**JUNIORS MENS WOMENS**

We have a thriving junior section that runs from U9, to U19 before they transition into senior cricket. With both boys and girls teams, we have plenty of options for any budding cricket players.

We'd love to see you come by!

Interested in accessing tutoring for your child? We want to hear from you!

East Oxford Parent Power in collaboration with [Oxford Brookes University](http://OxfordBrookesUniversity) are looking to start a tutoring pilot scheme. We want to hear from parents in East Oxford. [Take this 5 minute survey](https://forms.office.com/e/nDH7AWCCg3) to help shape a new accessible tutoring campaign in the area.

Fill in the 5 minute Survey by Scanning QR code or follow this link <https://forms.office.com/e/nDH7AWCCg3> deadline 15th of April

For more information contact call 07397383200 or email [parentpoweroxfordshire@thebrilliantclub.org](mailto:parentpoweroxfordshire@thebrilliantclub.org)

OXFORD BROOKES UNIVERSITY

# LOCAL EVENTS AND OPPORTUNITIES

**STUDY SMART**  
Free Online Courses

**A**spire Education

ncfe | cache | Education & Skills Funding Agency

**Fully Funded School Support Course**



**Available in Levels 1, 2 & 3**

\*Go to our website for more detailed information.

**6 Week Course**  
Mon - Fri  
Daily sessions  
1st session 9:30 - 11:30am  
2nd session 12:30 - 2pm

[www.studysmartuk.online](http://www.studysmartuk.online)

## 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)



## 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  
01865 711267  
connectionsupport.org.uk

Drop-in details:



Visit our website to download the referral form



**Connection Support**

**FACE** Spring 2025 Newsletter

FACE delivers online support via zoom for parents across the UK. Talks are 90 minutes long, £24 each - Book Online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Schools can now buy a **FACE School Annual Membership** which means **ALL** parents and **ALL** staff get unlimited **FREE** access to **ALL** 16 parent talks

**Responding to Angry Behaviour**  
What can we do in the moment?  
Thursday 24th April 19:00 - 20:00  
FREE

**Anxiety Explained**  
Anxiety, especially in our young is rising. This session explains what it is, why it happens and how you can help.  
Tuesday 18th March 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.  
Thursday 3rd April 10:00 - 11:30  
£24

**Improving Family Communication**  
How to reduce the shouting and arguing and start the talking.  
Tuesday 3rd April 19:00 - 20:30  
£24

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

**FACE Easter Timetable**  
all sessions delivered live online via zoom £24 each 90 minutes long  
book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Facing Defiance	7 April 7pm
Anxiety Based School Avoidance	8 April 10am
Understanding Anger	8 April 7PM
Anxiety Explained	14 APR 10am
Cannabis & Ketamine Awareness	14 APR 7pm
What is ACT	15 April 10am
Introduction to OCD	15 April 7pm
Supporting Healthy Sleep	22 April 10am
Understanding the Teenage Brain	22 April 7pm
<b>FREE</b> Responding to Angry Behaviour	24 April 7pm
Improving Family Communication	28 April 10am
Autism Improving Communication	28 April 7pm
Understanding Addictive Behaviour	29 April 10am
Supporting a Child with ADHD	29 April 7pm
Anxiety Based School Avoidance	6 May 7pm

An online talk by Jane Keyworth

## Supporting a Child with ADHD

Challenging the stereotypes, offering practical support and explaining more about this condition

Thursday 3rd April 10 - 11:30am  
Tuesday 29th April 7 - 8:30pm

Talks are recorded and available to watch for up to 48hrs after the session £24



Book online  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)  
go to **PARENTS** on the **Homepage**

british certified trainer



## 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