

Weekly Newsletter

Friday 25th April 2025 | Issue 26

Dear Greyfriars Families

We returned to school this term under the shadow of sadness following the death of the Pope. It was a solemn and reflective start, marked by daily prayers in our chapel and in form time, as we came together in quiet remembrance. Yet even in our grief, we have been uplifted by his final message: *'we are born for life, not for death'*.



This message has guided our reflections as we begin the summer term. Our Catholic Social Teaching focus this term is on Stewardship of God's Creation, thinking deeply about sustainability, purpose, and legacy. This theme is especially poignant for our Year 11 and Year 13 students, who are preparing to leave their legacy on the school and step into the next chapter of their lives. But it is also a universal calling: we are all part of God's creation, and we each have a duty to live with purpose and conviction and an understanding of our power to shape the world around us.

Our assemblies this week have centred on the joys and wonders of life. We explored the idea of the world being miraculously *'just right'* through the Goldilocks Enigma. How amazing it is that here we are on a planet flying around in space! With all of this in mind, including Pope Francis' direction to see that we are born for life, we reflected on the words of Psalm 139: *'I am fearfully and wonderfully made'*. These are important reminders that we are each created with love and intention, and that we each have the power to shape the world around us for the better.

I am excited to see how our students will step into this term with a renewed sense of responsibility and joy. The summer term is always one filled with energy, growth, and transformation and we look forward to walking this journey together.

With very best wishes for a peaceful weekend.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel - John 20:1-9



On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, 'They have taken the Lord from the tomb, and we don't know where they put him.' So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he

bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. For they did not yet understand the Scripture that he had to rise from the dead.

Reflection

The Easter story this week is all the more prescient: Death is not the final word. In Christ, there is new life. In Christ, there is Resurrection. In Christ, we don't have to fear Death when it comes. Our dear Pope Francis died on Easter Monday this week, just after he reminded the Church of this message of life. That should be comfort for each of us as we think of him, and others in our own lives: even if we move on from this world, there is assurance of going to a better place, a place where we are completely united to God. We thank Pope Francis for his words of life, his years of service to the Church, and the ways he inspired us to live lives that flourish. Let us continue to live out his message of hope as we go forward in this Easter season.

Prayer for Eternal Rest

In your hands, O Lord, we humbly entrust our brothers and sisters. In this life you embraced them with your tender love; deliver them now from every evil and bid them eternal rest. The old order has passed away: welcome them into paradise, where there will be no sorrow, no weeping or pain, but the fullness of peace and joy with your Son and the Holy Spirit 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, we honoured the life and legacy of Pope Francis at our school. Form groups prayed for the repose of his soul on Tuesday morning - it was a powerful moment of uniting together as the Church mourns. We also set up a dedicated memorial to him in the chapel, where students and staff could pray for him during lunch time.

We were also able to celebrate the hard work, joy, and dedication of our Catholic Life Ambassadors this week at our Community Awards. It was beautiful to see these leaders standing on stage, proud of the extraordinary work they've done this year. I am immensely grateful and proud of each one of them. And a special congratulations to Daniel, Isabelle, Aoife, Lian, Joseph, and Izzy for their award for exceptional service!



Champions!

During the Easter break both Michael and James Anthony competed in the boxing Home Counties Championships and they won! This means they are both Home Counties Champions. This is a huge achievement for both boys and puts them on the pathway to becoming school boy champions of England as they progress to the next round.



**CONGRATULATIONS
FROM ALL AT
GREYFRIARS!**

Congratulations!

Our resident rhythmic gymnast, Nadia and her team had another successful weekend in London competing in the Spring Stars competition during the Easter break. The girls won gold medals for their hoop and club routines.

WELL DONE!

Their next event is the British Open Apparatus Championship in Newcastle.



GENERAL NOTICES

RAF Benson STEM Trip | Mr Dunne

On Thursday, a group of Year 8 girls took part in an inspiring “See What You Can Be” careers trip to RAF Benson. The visit gave students the opportunity to engage with a wide range of professionals from various fields, opening their eyes to the many career paths available to them.

The girls had the chance to speak with representatives from:

- ❖ Thames Valley Police and RAF Police
- ❖ British Airways Pilots and First Officers
- ❖ Firefighters
- ❖ Thames Valley Air Ambulance
- ❖ Explorers
- ❖ JFD Submarine Rescue Service
- ❖ Mountain Climbers
- ❖ Tech professionals
- ❖ The Army
- ❖ PTIs (Personal Training Instructors)



Throughout the day, students learned some truly fascinating facts. They discovered that JFD’s submarine rescue service includes under the sea oxygen-tight chambers where NHS nurses can live for months to specialise in hyperbaric oxygen therapy. They were amazed to learn that one of the world’s strongest women can deadlift the equivalent of two Mr Dunes, and found it incredible that the RAF pays personnel to travel the world and take part in sports for weeks at a time.



It was a day full of inspiration, eye-opening opportunities, and exciting possibilities for the future. Two of our students came away feeling inspired to become a pilot and a nurse!

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	Anne-Marie
Year 8	Kosmas	Ayesha
Year 9	Finlay	Juliet

All time Sparx Champions

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

Greyfriars After School Clubs

April - July 2025

Clubs are for ALL year groups unless stated otherwise.

Monday	Softball Football Netball	Mr Mehmeti Mr Dunne Miss Moss
Tuesday	Cricket - Years 7, 8, 9 Rounders Basketball	Mr Weedon Mr Dunne Mr Roman
Wednesday	Basketball - Years 9, 10, 11	Mr Phillips
Thursday	Volleyball Gym Gaelic Football	Mr Ballance Mr Mehmeti Dr Dillon



CALLING ALL YEAR 11 - YEAR 13

SOCIAL FOOTBALL DURING YOUR EXAMS!



EVERY MONDAY
8:30PM TO 10:00PM
BICESTER

EVERY TUESDAY
6:30PM - 8:00PM
OXFORD



GENERAL NOTICES

WELCOME to THE LIBRARY

Library News | Miss Brett

Hello everyone and welcome back! It has been so lovely to see so many students in the library after the Easter break.

There are some exciting things happening this term, but let's focus on one week at a time 😊. Next week, we will hold a Scholastic Pop-up Book Fair from 30th April to 5th May.

It is very exciting, our own temporary bookshop!

Students can come by in the morning, break, lunch, or after school to find their new favourite read!

They have also received leaflets to show to their families, where payment details are explained. No need to give cash to your child. Online payments and gift vouchers are available through the links on the leaflet.

Depending on how many books we buy, we might earn some free resources for the library. Fingers crossed!



Draw a book cover for your favourite book for a chance to win £5 voucher for our book fair next week!

Deadline:

**Tuesday 29th April
Lunchtime**

Additionally, we are running a competition, in which students can win book vouchers to spend at the Fair. I hope all our budding artists have their pencils at the ready!

Speaking of artists, look how talented our students are! If you want to make our library even more beautiful, there is plenty of space for more student artwork!



Finally, I just want to say a massive thank you to Dr Daniela Omlor, an Associate Professor in Spanish at Oxford University for her very generous book donation! So many fantastic reads for us to enjoy!

Come along and enjoy them 😊.

That's it for now. Remember to read every day for at least 20 minutes!

GENERAL NOTICES

Book of the Week | Review by Lian G

The Boy Who Flew by F.R. Hitchcock

Set in the Gregorian era, this wonderfully thrilling adventure of heroism and decisions will certainly grab your attention for a lovely evening of reading. This book focuses on aspirations and perhaps dreams but it also follows how consequences may occur when grasping at those dreams. The story presents the old, cold, hard question of selfishness versus selflessness. Along with some nicer and more pleasant moments of devotion and care towards family and friends. Relationships that are held dearly by the protagonist in our story.

Certainly another favourite for budding steampunk fans and long time lovers of the genre.



Message for KS4 | Mr Strachan

Welcome Back Key Stage 4!

A very warm welcome back to all our wonderful Year 10 and Year 11 students after what I hope was a restful and reflective Easter Break! We're stepping into a season that's full of promise, positivity, and opportunity. There's so much to look forward to, and we're thrilled to be on this journey with you.

For our brilliant Year 11s, this is a particularly pivotal time. With exams on the horizon, we know just how much focus, energy, and commitment you're putting into your revision and preparation. Across the country, students are rising to the challenge — and here at Greyfriars, we're immensely proud of how you've stepped up. You've already achieved so much this academic year, and we're standing beside you every step of the way. Keep going — you've got this!

Our Year 10s have also made an outstanding start to the term. It's been a real joy to see you growing in confidence, character, and academic strength. Many of you are already embracing leadership and mentoring roles, and it's inspiring to see you setting such a strong example for others. Keep it up — you're making a real difference.

After a vibrant and rewarding week, we hope everyone enjoys a well-earned rest this weekend. Recharge, relax, and get ready for another exciting week of learning and growth ahead!

GENERAL NOTICES

Sparx Update | Mr Secker

Sparx Maths WEEK 27

Total hours spent on Sparx this year

8,239hrs

Number of questions answers correctly

505,568

XP Champions THIS YEAR 25/04/25

Name	Year	Total XP
Mithun R K	9	55,607
Da Vinci T	8	46,038
Miu Miu M	7	42,888
Ana Paula C	9	39,953
Samayrah K	9	37,950
Sabella O	7	30,421
Nedia D C S	8	29,974
Ahmed M	11	29,128
Louise L	7	28,452
Taryn N	8	26,229

XP Champions for LAST WEEK

Name	Year	XP POINTS
Amy Renny	11	1,975
Freya M	11	1,845
Joshua M	10	2,340
Nathan D	10	1,509
Ana Paula C	9	3,271
Themí P	9	2,688
Tatiana F S S	8	4,288
Alexandra E	8	2,102
Kenedy Q	7	2,775
Miu Miu M	7	2,475

Well done! Keep up the good work.

26-29 OCT 2026
FC KOLN FOOTBALL TOUR
Cologne, Germany

GREYFRIARS CATHOLIC SCHOOLS

FOOTBALL FC KOLN TOUR

Cologne, Germany

LIMITED SPOTS AVAILABLE!

Tour Highlights:

- Professional training sessions
- Matches against local teams
- Stadium tour of FC Cologne
- Cultural experiences in Germany

FOR MORE DETAILS
Please contact MR DUNNE

Careers | Miss Manns



For lots of useful information regarding careers, please click:

[OxLep Picks of the Week](#)



Y10 WORK EXPERIENCE
24 JUNE - 27 JUNE 2025

To offer a placement or for more information:
Contact workexperience@gfcs.uk

OR
Scan the QR code

GREYFRIARS CATHOLIC SCHOOL
OXFORD

GENERAL NOTICES

Year 11 Maths Revision Resources | Mr McCutcheon

Please follow the links to see the full Foundation Maths Curriculum (Grades 1 – 5) on YouTube shorts to help with your revision – they can be used as ‘flash card’ type videos!

<https://youtube.com/c/MartinMaths>

<https://www.youtube.com/@MartinMaths/shorts>

Other useful websites for Year 11 revision are listed below and of course, Sparx Maths!

<https://www.mathsgenie.co.uk/>

<https://corbettmaths.com/>

<http://www.draustinmaths.com>

<http://www.hannahkettlemaths.co.uk>

<https://www.onmaths.com/>

Revision guides and workbooks are sold in the school library and all good bookstores.
Happy revising!

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. 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

Sixth Form News | Ms McCabe

Happy Term 5!

Y12 and Y13 have had a brilliant return to school after the Easter holiday. Many students have worked hard over the Easter break and have come back to school determined and focused. We have added Group Study sessions to all Y12 timetables this term to ensure students throughout KS5 are getting exam ready, whether that is for the end of Y12 UCAS Predictor exams or live external summer exams. Hard work makes happy students!

Attendance

Attendance never stops being a key focus in Sixth Form. All students should be in all tutor sessions and lessons every day. Y13 should continue to attend all lessons up to their exams. We know how many important revision sessions, with powerful reminders of key content, take place in these final few weeks. We are really thankful to all the families who support Sixth Form and ensure students attend all day every day.

Save the Date: Y13 and Y12 L2 Leavers' Assembly

We are so excited to announce that we will be holding our Y12 and Y13 Leavers' Assembly on Monday 30th June. This event is an opportunity to celebrate the achievements and experiences of our students in the time they have been with us and wish them well as they move on from Greyfriars (although, they will always be Greyfriars students and part of our community!). The celebration will start at 11:30am and will finish at approximately 1:30pm. This will be followed by a celebration buffet lunch. Parents and families are warmly welcome to join us for this event. We will be sending invitation letters out next week.

Message for Year 7 | Mr Weedon

Welcome Back Year 7! I hope that your Easter break was relaxing and enjoyable. Students have been telling me about their holidays, from trips away to spending time at home with their families.

We have a busy term ahead with lots of summer sports - please have a look at the range of sports on offer this term – we encourage everyone to take part. We are really excited that softball and rounders extra-curricular clubs are being run for term 5 and 6 – come and join in the fun!

This week we have spoken about legacy and what we want to leave behind. With the end of Y7 approaching, we are thinking about how we will treat our new Y7 students and teach them the Greyfriars Way as we become their role models.

Have a great weekend.

GENERAL NOTICES

STREATERIES LUNCH MENU				
TRADITIONAL				
WEEK 1 21/04/25, 12/05/25, 02/06/25 23/06/25, 14/07/25, 04/08/25 25/08/25, 15/09/25, 06/10/25				
MON Authentic Italian	TUE Asian	WED Home Style	THU Home Style	FRI Chips & More
MAINS Penne Bolognese Bake with Creamy Garlic Topping Veggie Bolognese Bake with Creamy Garlic Topping	Chinese Sweet & Sour Chicken Chinese Style Vegetable Curry	Lemon & Herb Roast Chicken, Stuffing with Gravy Maple Butternut Puff Pastry Slice	Cottage Pie with Cheesy Chive Mash Veggie Cottage Pie	Choose from: BATTERED FISH VEG SAUSAGE (battered or plain) Margherita Pizza Chips
SIDES Italian Tomato & Greens Salad	Steamed Rice Stir Fried Asian Vegetable	Skin on Garlic Roasties Red Cabbage & Carrots	Green Beans Broccoli	Minty Peas, Baked Beans, Gravy or Curry Sauce
- ITALIAN TOMATO PASTA DAILY - PASTA & NOODLE POTS - ITALIAN TOMATO PASTA DAILY -				
GARLIC PULLED CHICKEN ALFREDO (PASTA)	CHINESE CHICKEN CURRY (NOODLES)	CLASSIC MEATBALL MARINARA (PASTA)	SWEET & SOUR VEG (NOODLES)	PROTEIN MAC & CHEESE
DELIKITCHEN HOT GRAB & GO				
Port Buttermilk Crunch Wings	BBQ Chicken Wrap	Chicken Tikka Masala Pizza Slice	Mexican Hot Chili Bean Burrito	Crispy Chicken Burger
BIG BOWL SALAD DESSERTS	CHICKEN TIKKA & MINT YOGHURT	CHICKEN TIKKA & MINT YOGHURT	RAMEN INSPIRED NOODLE SALAD WITH EGG	RAMEN INSPIRED NOODLE SALAD WITH EGG
Aspens Cookies	Sticky Toffee Pudding with Custard	Classic Iced Sprinkle Sponge	Brownie	Jam Duffin (Muffin Doughnut)
Daily Meal Deals Regular Chef's Specials	DAILY - JACKET POTATOES - BEANS - CHEESE - TUNA MAYO OR SIMPLY PLAIN	Freshly Made from Scratch DAILY!	Fresh Cut Fruit & Yogurt Pots Available Daily	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS

Greysfriars Restaurant
New Menu for Spring / Summer 2025
Freshly made Daily

Daily Meal Deals
Regular Chef's Specials

STREATERIES LUNCH MENU				
TRADITIONAL				
WEEK 2 28/04/25, 19/05/25, 09/06/25 30/06/25, 21/07/25, 11/08/25 01/09/25, 22/09/25, 13/10/25				
MON Mexicana	TUE Home Style	WED Home Style	THU Incredible India	FRI Chips & More
MAINS Smoky Beef Enchilada with Sour Cream Smoky Bean Fajitas with Sour Cream	Classic Chicken Pie Veggie Sausage & Mash	Lemon & Herb Roast Chicken, Stuffing with Gravy Open Cheese & Potato Pie with Crispy Garlic & Onion Crumb	Mild Chicken Korma with Steamed Rice Vegetable & Chickpea Korma	Choose from: BATTERED FISH VEG SAUSAGE (battered or plain) Margherita Pizza Chips
SIDES Corn Salsa Salad Sweet Potato Fries	Mashed Potato Seasonal Vegetables	Skin on Garlic Roasties Roasted Root Vegetables	Steamed Rice Coconut Green Beans	Minty Peas, Baked Beans, Gravy or Curry Sauce
- ITALIAN TOMATO PASTA DAILY - PASTA & NOODLE POTS - ITALIAN TOMATO PASTA DAILY -				
BROCCOLI SPINACH, PEA & PESTO (PASTA)	CHINESE CHICKEN CURRY (NOODLES)	CLASSIC HALAL CARBONARA (PASTA)	SWEET & SOUR VEG (NOODLES)	PROTEIN LEAN CHICKEN BOLOGNESE (PASTA)
DELIKITCHEN HOT GRAB & GO				
Katsu Chicken Pizza Slice	Sweet Chili Chicken & Edamame Burrito	Tikka Buttermilk Crunch Wings	Original Chicken Wrap	Crispy Chicken Burger
BIG BOWL SALAD DESSERTS	CAJUN PASTA & ROASTED SUMMER VEGETABLE	CAJUN PASTA & ROASTED SUMMER VEGETABLE	JERK CHICKEN & PINEAPPLE	JERK CHICKEN & PINEAPPLE
Aspens Cookies	Jam Sponge	Brookie (Brownie Cookie Mix)	Apple Cake	Marble Cake
Daily Meal Deals Regular Specials	DAILY - JACKET POTATOES - BEANS - CHEESE - TUNA MAYO OR SIMPLY PLAIN	Freshly Made from Scratch DAILY!	Fresh Cut Fruit & Yogurt Pots Available Daily	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!

Why not come and try us out!

STREATERIES LUNCH MENU				
TRADITIONAL				
WEEK 3 05/05/25, 26/05/25, 16/06/25 07/07/25, 28/07/25, 18/08/25 08/09/25, 29/09/25, 20/10/25				
MON American Diner	TUE Home Style	WED Home Style	THU American Diner	FRI Chips & More
MAINS Cheeseburger inspired Pasta Bake (Mince Beef, Pickles & Special Sauce) Cheesy Garlic Mushroom & Leek Mac & Cheese	Minced Beef & Onion Pie Lentil & Onion Pie in Gravy	Lemony Garlic Chicken Bake Topped With Sage & Onion Crumb Open Cheese & Potato Pie with Crispy Garlic & Onion Crumb Skin on Garlic Roasties Roasted Summer Vegetables	BBQ Pulled Chicken Bap With Coleslaw Portuguese Smokey Bean Empanadas	Choose from: BATTERED FISH VEG SAUSAGE (battered or plain) Margherita Pizza Chips
SIDES Garlic Greens	Mashed Potatoes Green Cabbage		Coleslaw Firecracker Rice	MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE
- ITALIAN TOMATO PASTA DAILY - PASTA & NOODLE POTS - ITALIAN TOMATO PASTA DAILY -				
BEST EVER BOLOGNESE (PASTA)	CHINESE CHICKEN CURRY (NOODLE)	CLASSIC MEATBALL MARINARA (PASTA)	SWEET & SOUR VEG (NOODLE)	PROTEIN LENTIL RAGU (PASTA)
DELIKITCHEN HOT GRAB & GO				
Chicken Biryani Burrito	Mac Cheese Pizza Slice	Chimichurri Buttermilk Crunch Wings	Garlic & Herb Chicken Wrap	Crispy Chicken Burger
BIG BOWL SALAD DESSERTS	RANCH & EGG COBB SALAD	RANCH & EGG COBB SALAD	MEXICAN TORTILLA CRUNCH BOWL	MEXICAN TORTILLA CRUNCH BOWL
Aspens Cookies	Palmer Biscuit	Chocolate Popcorn Bars	Cinnamon Swirl	Chocolate Oat Slice
Daily Meal Deals Regular Chef's Specials	DAILY - JACKET POTATOES - BEANS - CHEESE - TUNA MAYO OR SIMPLY PLAIN	Freshly Made from Scratch DAILY!	Fresh Cut Fruit & Yogurt Pots Available Daily	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!

GENERAL NOTICES

Why We Study What We Study: The Purpose Behind Our Curriculum

At Greyfriars Catholic School, our curriculum is carefully designed to do more than just prepare students for exams—it's built to *shape minds, open doors, and form character*. Every subject, topic, and text has been chosen with purpose: to help students understand the world, think deeply, and grow into knowledgeable, thoughtful, and confident young people.

A Curriculum with Purpose

We don't just ask *what* we teach—we ask *why*.

- ❖ In **English**, we study literature that explores the human condition, challenges injustice, and celebrates language.
- ❖ In **history**, we look at how past events shaped the present, helping students develop perspective, empathy, and a strong sense of identity.
- ❖ In **science**, students explore the laws that govern the natural world and develop curiosity, precision, and problem-solving skills.
- ❖ In **religious education**, we encourage students to reflect on meaning, morality, and faith, helping them grow spiritually and ethically.
- ❖ In **maths**, we equip students with logical reasoning and problem-solving tools essential for everyday life and future careers.
- ❖ In **the arts**, students learn to express themselves, build creativity, and appreciate beauty and culture.

Broad, Balanced, and Knowledge-Rich

Our curriculum is:

- ❖ **Broad** – giving students access to a wide range of subjects so they can discover their interests and talents.
- ❖ **Balanced** – ensuring students build strong foundations in core knowledge while also developing creativity, communication, and critical thinking.
- ❖ **Knowledge-Rich** – because knowledge empowers. The more you know, the more you can understand, question, and achieve.

Curriculum That Builds Over Time

Learning at Greyfriars is deliberately sequenced. Topics build on one another year after year, allowing students to revisit, deepen, and master what they've learned. This *spiral structure* ensures that students don't just cover content once, they remember it, apply it, and see how it connects.

Preparing for Life Beyond the Classroom

Our curriculum is designed not just for school, but for life. It helps students become articulate, well-informed citizens ready to contribute positively to society. It gives them the tools to access the best that has been thought, said, and created, and prepares them for whatever path they choose to take.

GENERAL NOTICES

Friends of Greyfriars

Friends of Greyfriars is an open and important community of parent volunteers working alongside the school and teachers to benefit the school. It is like a PTA. It is a group that aims to ensure the best educational and enrichment experience for all its students. Friends of Greyfriars is a reflection of the school in the wider community.

By joining the Friends of Greyfriars you can help the school to build a far more effective and up-to-date teaching and learning environment, for the benefit of all its students. Everyone is welcome, parents, carers, staff, governors, past students, past parents, anyone and everyone who cares about the school. Please join us and be a Friend.

If you are interested, please contact Sophie Upellini via: s.upellini@gfcs.uk

5 Ways to Well-being

Click on the logo to find out more.



Building small actions into your daily life can make you feel good, and feeling good is an important part of being healthy. There are 5 ways to wellbeing that are proven to make a real difference to you.

free 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

GENERAL NOTICES

Dates for your Diary

- 29 April | OCR PE Moderation Day
- 30 April | Macbeth at The Playhouse Theatre Trip
- 1 May | Year 9 Parent Consultation Evening
- 5 May | BANK HOLIDAY
- 8 May | Human Library (Careers)
- 9 May | Feast of the Ascension Mass
- 9 May | Oxford Powerhouse Games
- 15 May | Year 8 Parent Consultation Evening

Donations

If you wish to make a donation to the school please click on the link.

DONATE

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 or visit: <https://www.greyfriarsoxford.org.uk/join-us/vacancies> to view all our current vacancies.



LOCAL EVENTS AND OPPORTUNITIES

BANNISTER COMMUNITY MILE



BANNISTER MILES
IFFLEY ROAD

Join us for a one mile road run open to all of the public, as we celebrate the anniversary of Roger Bannister running the first ever sub 4 minute mile, on May 6th 1954 in Oxford.

WHEN: 9-11 am
START: St Aldates
FINISH: Iffley Road

Bespoke finisher medal and a free ticket to watch the elite track races in the afternoon.

ENTRY
Visit bannistermiles.org.uk



MONDAY 5TH MAY

RUN WITH YOUR COLLEAGUES,
CLUB-MATES, FRIENDS AND
FAMILY

Find us on Instagram and Facebook @bannistermiles2025



LOCAL EVENTS AND OPPORTUNITIES

WE NEED YOUR INPUT!

Are you a parent or guardian of a school-age child?
Help us understand your perspective on mental health support in schools!

WHAT IS THIS ABOUT?
We are conducting a study to explore parents' and other caregivers' perceptions of the provision of mental health support within the Whole School Approach (WSA) as well as their involvement in mental health support provided in schools.

HOW CAN YOU HELP?
Complete a short 20-minute anonymous online survey
Share your valuable experiences and insights.
Your participation is voluntary, and all responses will remain confidential.

WHY PARTICIPATE?
Your voice matters! This research aims to:
Support schools in better engaging parents.
Help reduce barriers to mental health support.
Foster a healthier, more supportive school environment for children.

Ready to Participate? Scan Here to Take the Survey



University of Exeter

For questions or more information, contact: Anis Ng at yn27@exeter.ac.uk

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
or call Vanessa on 07388 092590
Supported by Well Together

ARK·T
Creativity Changes Lives

Blackbird Leys COMMUNITY LARDER

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.

Membership Options:
 £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 (pasta, 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
Registered Charity Number 1161763

COMMUNITY LARDER SOFEA

Abingdon Witney College | Oxfordshire Adult Learning

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 | gemma@oxfordhub.org

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!



Run Jericho

RAISING MONEY FOR ST BARNABAS PRIMARY SCHOOL

10k x 5k x 1mi KIDS RUN

SUNDAY 08 JUNE 2025

Multi terrain, chip-timed race through Jericho, Worcester College, Oxford Canal and Port Meadow

10K RACE **5K RACE** **1 MILE KIDS FUN RUN**

REGISTRATION NOW OPEN
Visit www.runjericho.com to find out more

PART OF **Jericho Fest WEEKEND**



LOCAL EVENTS AND OPPORTUNITIES

Parent Power

We support local parents living in the OX4 area

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

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

Need help? Want to get involved?

Get in touch with the team:
Email: donna@oxfordhub.org

Oxford Hub

oxfordhub.org/parent-power



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



Visit our website to download the referral form

Drop-in details:



'Adolescence' TV show highlighted the issues



What is INCEL culture?
Isolation and rejection
Lack of positive role models
Over dependence on Smart phones
Screen addiction
Vulnerability to online bullying
Influenced by negative role models
Toxic websites
Violent behaviour & misogyny

Emotional Resilience for our Children Online Talk for Parents

from FACE Family Advice £24

email Jane Keyworth, FACE Lead Facilitator

info@facefamilyadvice.co.uk



Saturday 3rd May 10:00-11:30
Thursday 8th May 19:00-20:30



Talks are recorded and available for 48 hours after each talk



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



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

Thursday 24th April 19:00 - 20:00
FREE

Responding to Angry Behaviour

What can we do in the moment?

Tuesday 18th March 10:00 - 11:30
£24

Anxiety Explained

Anxiety, especially in our young is rising. This session explains what it is, why it happens and how you can help.

Thursday 3rd April 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 3rd April 19:00 - 20:30
£24

Improving Family Communication

How to reduce the shouting and arguing and start the talking.

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



Easter Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at 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
FREE 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
go to **PARENTS**
on the **Homepage**



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