

Weekly Newsletter

Friday 2nd May 2025 | Issue 27

Dear Greyfriars Families

This week's Gospel focuses on Doubting Thomas, a moment that reminds us that it is okay to question, to seek understanding, and to wrestle with our faith. Jesus' response to Thomas is not one of anger, but of compassion: He meets him where he is and invites him to believe. At Greyfriars, we hold fast to this idea that asking questions is part of growth, and that doubt, when met with love and truth, can lead to deeper faith and understanding. Luckily, we work with children and they ask a lot of questions! It is a great privilege to help them find their answers.

It's been another busy and joyful week in school. After the energy and pride of last week's Community Awards Evening, pictured here, we've continued to celebrate the gifts of our students. Some of our Year 9 and Year 10 students had the chance to see Macbeth, a brilliant opportunity to deepen their engagement with literature and see Shakespeare's work come alive. We also welcomed families to Year 9 Parents' Evening, where the sense of partnership between home and school was as strong as ever. They also made their choices for GCSEs, an exciting time.



A significant part of our week has been welcoming inspectors from the Birmingham Diocese, who have been assessing the Catholic Life and Mission of our school, including our RE teaching and collective worship. It has been genuinely joyful to witness our students shining so brightly; they have been articulate, thoughtful, and proud of their faith and community. They have been powerful examples of The Greyfriars Way, and I couldn't be prouder to be part of such a dedicated and joyful school.

As we continue to grow as a community, your voice matters. Please do take a moment to complete the form shared with families, it helps us to reflect and improve, together.

[Parent Survey](#)

With very best wishes for a peaceful long weekend.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel - John 20:19-31



On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. Whose sins you forgive are

forgiven them, and whose sins you retain are retained." Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him. "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger into the nail marks and put my hand into his side, I will not believe." Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." Thomas answered and said to him, "My Lord and my God!" Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed." Now Jesus did many other signs in the presence of his disciples that are not written in this book. But these are written that you may come to believe that Jesus is the Christ, the Son of God, and that through this belief you may have life in his name.

Reflection

Despite his lack of faith, we should be grateful to Thomas, because he was not content to hear from others that Jesus was alive, or merely to see him in the flesh. He wanted to see inside, to touch with his hand the Lord's wounds, the signs of his love. The Gospel calls Thomas Didymus (v. 24), meaning the Twin, and in this he is truly our twin brother. Because for us too, it isn't enough to know that God exists. A God who is risen but remains distant does not fill our lives; an aloof God does not attract us, however just and holy he may be. No, we too need to "see God", to touch him with our hands and to know that he is risen, and risen for us. How can we see him? Like the disciples: through his wounds." –Pope Francis

As this past weekend was the funeral for Pope Francis, we continue to pray for the repose of his soul

"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 began our Rosary Prayer services in the Chapel. Catholic Life Ambassadors met for the service on Tuesday, Year 11s hosted a service on Wednesday, and Y10s hosted a service on Friday.

The purpose of this service is to help students understand the rosary as a form of prayer they can use in their own lives. Hopefully some will share this prayer with their form groups and with their families. The prayer is dedicated to Our Lady, as she helps us to grow closer to her Son, Jesus.

The rosary was a beloved prayer of Pope Francis, and so we planned this service in memory of him as well as for the reason that May is the month dedicated to Mary. More rosary services to come!



THE PRAYERS OF THE ROSARY

Congratulations!

Once again, a huge congratulations to Nadia and her team who won two medals at the British Open Apparatus Championship 2025. They achieved silver for their clubs routine and bronze for hoop. Well done girls!



Next stop...Newcastle and National Group Finals.
Good luck!

GENERAL NOTICES

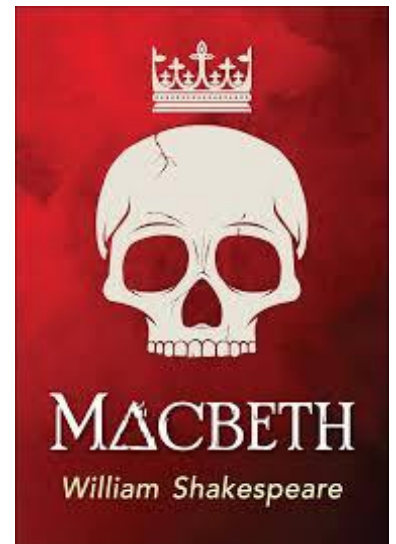
Macbeth, The Playhouse Theatre | Miss Moss

This week, a group of us had the pleasure of attending a gripping performance of Shakespeare's *Macbeth* at the local theatre.

This modern reimagining of the play starred just two actors, who impressively played over 20 roles—distinguishing between each character using only their body language and accents. It was a bold and captivating performance that showcased not only immense skill but also remarkable stamina—we couldn't quite believe how many lines and stage cues they had memorised!

The excellent staging and lighting added to the sense of foreboding, drawing us into the dark, treacherous world of ambition and fate.

It was a memorable afternoon that sparked conversation and reflection, and it will be invaluable to our students as they begin their study of *Macbeth*. I don't think any of the students, including myself, will ever be able to read the character of Ross without a shaky voice and an air of comedy—a character newly redefined for me!



<p>YEAR 11 <i>Prom</i> 2025</p>	<p>YEAR 11 <i>PROM</i> 2025</p>	<p>YEAR 11 <i>Prom</i> 2025</p>	<p>Year 11 <i>Prom</i> 2025</p>
<p><i>Save the Date</i></p> <p>YEAR 11 CELEBRATION EVENING THURSDAY 10TH JULY, 2025 DOUBLETREE OXFORD BELFRY HOTEL</p>	<p><i>Save the Date</i></p> <p>YEAR 11 CELEBRATION EVENING THURSDAY 10TH JULY, 2025 DOUBLETREE OXFORD BELFRY HOTEL</p>	<p><i>Save the Date</i></p> <p>YEAR 11 CELEBRATION EVENING THURSDAY 10TH JULY, 2025 DOUBLETREE OXFORD BELFRY HOTEL</p>	<p><i>Save the Date</i></p> <p>YEAR 11 CELEBRATION EVENING THURSDAY 10TH JULY, 2025 DOUBLETREE OXFORD BELFRY HOTEL</p>

YEAR 11 CELEBRATION EVENING

Thursday 10th July 2025 - Oxford Belfry Hotel

TICKETS NOW ON SALE!

GENERAL NOTICES

Book of the Week | Review by Lian G - Thornhill by Pam Smy

A hauntingly beautiful novel. It fills you with suspense and a sense of insatiable curiosity. The way it's written (and illustrated) is dynamic, illuminating and very much unique.



The similarities between characters and their interwoven worlds are striking to the reader.

The details written and illustrated within are fantastic, especially when you focus a little more on the time periods our characters are from. A lot of things inside this novel are small miss-able puzzle pieces-that is until everything starts to snap into place.



**England Women's
National Football Team vs
Jamaica**
**King Power Stadium,
Leicester City**
Sunday 29th June 2025

Book your place now via ParentPay!

GENERAL NOTICES

WELCOME to THE LIBRARY

Library News | Miss Brett

Hello Fellow Readers! What a glorious week we've had. I hope you all got lots of opportunities to enjoy reading outside 😊.

Our Scholastic Book Fair this week was well-attended, let's see if we spent enough money to get some free books for the library. If so, I will show you the books next week.



Before we move on to more everyday library news, I want to pause and appreciate this beautifully written Student Librarian application. It made my day! It made my week! Not only because so many students WANT TO be part of our library community, but also because of the sheer effort this particular (now) Student Librarian put into these words: Isn't it just magnificent?! You can just see the kindness and ambition emanate from the page. I am extremely glad and grateful to have Tomasi on my team!

Congratulations to Alda and Sahas, who through their hard work and commitment, have earned the Head Librarian status for this term. Could you be the next Head Librarian?

Two New reading competitions

Reading Champ – borrow, read, return as many books from the library as you can and become our Reading Champ! (we are still doing the Library Loyalty Bookmarks as well!)

Tutor Group Reading Championship – borrow books from the library, read them, return them. Encourage students in your Tutor Group to do the same!

There will be weekly leaderboard, updates and prizes every two terms. There will also be The Reading Championship Cup that any tutor group can win for two terms, and if you remain reigning champions for the entire year, you get a special prize! JOIN THE FUN! That's it for now. Remember to read every day for at least 20 minutes!

"I usually come to the library to do home work. My experience in the library has been good, I feel very welcomed and enjoy coming.

I want to be a librarian because I believe in the power of information, education, and community. Libraries are more than a place to borrow books - they are places where you can embrace yourself. As someone who is passionate about helping others I see librarianship as a way to make a meaningful difference in people's lives every day.

I love the thought of helping out in the library, and encouraging others to come read. I am truly grateful to accept the position to become a librarian. I believe that becoming a librarian aligns perfectly with my values and my desire to contribute to the task that has been given. Many thanks, Tomasi"

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	Ronnie	Anne-Marie
Year 8	Omer	Kamsi
Year 9	Themi	Isabelle

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 Roulers 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

Message for Year 8 and Year 9 | Mrs Reddy

We were thrilled to witness such a positive turnout at last night's Year 9 Parents' Evening. Your exemplary behaviour, dedication to learning, and thoughtful engagement with your teachers truly stood out. Your form tutors and I commend you for making both your parents and our school community proud. Success is achieved by showing up, taking responsibility, and striving to be your best and you did just that.

A reminder: option choices close today, 2nd May. Please submit your forms via the link on Satchel. For parents who couldn't attend, feel free to contact your child's teachers directly for feedback.

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

Parent Portal and Parent App | Arbor

We plan to launch the Arbor Parent App to all parents in May.


Please see the adjacent information about how to register.

The welcome email will come from: arbor-education.com - so do keep an eye out for it!



Please note that we will gradually roll out the features in the Arbor – not all functions will be available / active straight away.

Once we have launched the Parent App and sent the welcome email, a link will be added to our newsletter where parents can fill in a form if they require IT support.

Thank you for your continued patience as we move to our new MIS system.



We're using Arbor's free Parent Portal and Parent App

We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Parent App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go!

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Parent App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

How to get started

1. Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
2. Click the link in your welcome email to set up your password
3. Go to the App or Google Play Store on your phone and search 'Arbor'
4. Click 'Install' on Android or 'Get' on iPhone then open the App
5. Enter your email, select the school, then enter your password
6. Accept the Terms & Conditions and enter your child's birthday

Need help using Arbor?

Contact the school office if you have questions about Arbor, the App or Parent Portal. Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

Some tips to try:

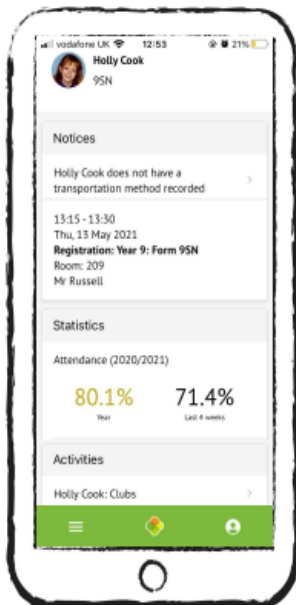
1. Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
2. **Reset your password** from the login page, or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the **password link will have expired**. Ask us to send it again.
4. Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.
5. **Enter the birthday** of one of your children to log in.
6. Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.

The Sunnyville School of Magic
W10 5BN, London, GBR

Enter your password

Log In

Forgotten password?



GENERAL NOTICES

How Learning Happens Through Practice | Mr Dingley

At Greyfriars Catholic School, we know that learning is not a one-time event - it's a *process* that happens through consistent, deliberate *practice*. Whether it's solving equations, writing essays, or learning vocabulary, the key to mastering any skill is simple: *repetition*.

Why Practice Matters

When we revisit and repeat knowledge or skills, we strengthen the brain pathways that store that information. Just like a muscle, the more we use it, the stronger it becomes. This means that:

- ❖ What seemed difficult at first becomes easier over time
- ❖ Knowledge becomes quicker to recall and harder to forget
- ❖ Students become more confident and independent in applying what they've learned

What Does Practice Look Like?

- ❖ **In Lessons:** Students complete independent tasks to apply what they've just been taught. This helps move learning from short-term memory into long-term understanding.
- ❖ **Over Time:** Topics are revisited again and again through retrieval practice, quizzes, and review. This is deliberate - we know that *spaced repetition* is essential for deep learning.
- ❖ **At Home:** Regular revision, self-quizzing, and completing practice questions all contribute to building strong knowledge and skills.

Practice Is Not Just for Exams

Practice isn't just about preparing for a test. It's about learning so well that knowledge becomes *part of you* - ready to use, apply, and build on in any context. One lesson or worksheet is only the *beginning*. Real learning happens when that topic is *practised, repeated, and applied* over time.



The Message Is Clear

If you want to remember it, you have to practise it.

If you want to get better at it, you have to repeat it.



If you want it to stick, you have to go over it - *again and again*.

At Greyfriars, we are proud of the high standards we set and the habits of hard work we build. Through regular, purposeful practice, our students aren't just learning for now - they're learning for life.

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

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

- 5 May | BANK HOLIDAY
- 8 May | External Exams begin
- 9 May | Feast of the Ascension Mass
- 13/14 May 2025 | Year 9 Into University Programme
- 15 May | Year 9 Into University Bicester Village Trip
- 15 May | Year 8 Parent Consultation Evening
- 23 May | Voco Hospitality Trip
- 26 – 30 May | Half Term Break
- 2 June | Term 6 Begins

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

ENTRY
Visit bannistermiles.org.uk

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



MONDAY 5TH MAY

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

Find us on Instagram and Facebook @bannistermiles2025



ART CLASSES



A PLACE TO BELONG, GROW & CREATE

**BOOK A
TRIAL NOW!**

- + Art Classes for Children 6+
- + Teen Art Classes
- + GCSE & A-Level Support
- + Holiday Art Workshops
- + Seasonal Family Workshops
- + Birthday Parties & Events

COMMITTED TO SAFEGUARDING | OFSTED REGISTERED | CHILDCARE VOUCHERS ACCEPTED



07384 670391
oxford@art-k.co.uk
art-k.co.uk/class-oxford
37 South Parade, Summertown, Oxford OX2 7JN



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 benefit related free school meals and their families.

YOU MOVE



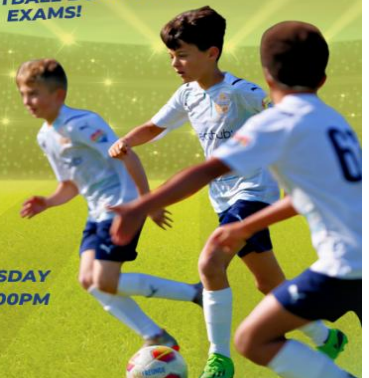
CALLING ALL YEAR 11 - YEAR 13

SOCIAL FOOTBALL DURING YOUR EXAMS!



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

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



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.

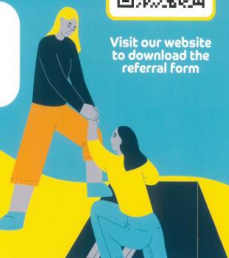
Get in touch

- enquiries@connectionsupport.org.uk
- 01865 711267
- connectionsupport.org.uk

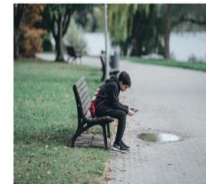


Visit our website to download the referral form

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

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

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.

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FACE **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

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



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