

Weekly Newsletter

Friday 9th May 2025 | Issue 28

Dear Greyfriars Families

We began our week rooted in the Gospel: the risen Jesus appearing to His disciples by the sea. After a night of catching nothing, the disciples listened to Jesus' instruction and their nets overflowed. It is a vivid reminder that when we act on God's word, we find abundance. But when we act alone, we often come up empty. Jesus then does something wonderfully simple and profound: He cooks breakfast. Around a fire, sharing bread and fish, He reminds us that small things matter. Hospitality, presence, community – these are acts of love and leadership. Finally, He says to Peter: "*Feed my sheep.*" Not just literally, but as a call to care for all that we've been entrusted with: people, the earth, and the future.

This message of abundance, love, and stewardship was a fitting foundation for a week full of reflection, effort, and joy at Greyfriars. I want to extend my heartfelt thanks to all our staff and students for their collaboration during the Birmingham Diocese inspection this week. It was a privilege to share our Catholic Life and Mission, our RE teaching, and collective worship with the inspectors and we are very much looking forward to celebrating the report when it is released. Our community truly let its light shine.

We also marked a major milestone as our Year 11 students began their formal GCSE examinations, and our A Level students prepare to begin theirs. So much hard work is coming to fruition, and we are incredibly proud of the dedication and ambition our students are showing.

And today, we ended the week in the most uplifting way: celebrating the Feast of the Ascension with a beautiful Mass attended by over 200 students. It lifted my soul to be part of such reverent and joyful worship, a true moment of grace that reminded us of the strength and spirit of our school community.



Whether in exams, acts of service, or shared worship, we continue to live out The Greyfriars Way: with knowledge, care, and ambition. Thank you for being part of this journey. May we all remember that small things matter, that love makes us strong, and that listening to Christ brings true abundance.

With very best wishes for a peaceful weekend.

Lyndsey Caldwell
Headteacher

GENERAL NOTICES

Habemus papam!

Habemus papam!! We welcome the new pope. He has chosen the name Leo. The last pope with this name was Pope Leo XIII, over one hundred years ago, whose work was the basis for Catholic Social Teaching.

As we celebrate this Year of Jubilee when we are called to be Pilgrims of Hope, we give thanks that Pope Leo will continue to speak up for those who are poor or marginalised in our world.



WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel - John 21:1-19



At that time, Jesus revealed himself again to his disciples at the Sea of Tiberias. He revealed himself in this way. Together were Simon Peter, Thomas called Didymus, Nathanael from Cana in Galilee, Zebedee's sons, and two others of his disciples. Simon Peter said to them, "I am going fishing." They said to him, "We also will come with you." So they went out and got into the boat, but that night they caught nothing. When it was already dawn, Jesus was standing on the shore; but the disciples did not realize that it was Jesus. Jesus said to them, "Children, have you caught anything to eat?" They answered him, "No." So he said to them, "Cast the net over the right side of the boat and you will find something." So they cast it, and were not able to pull it in because of the

number of fish. So the disciple whom Jesus loved said to Peter, "It is the Lord." When Simon Peter heard that it was the Lord, he tucked in his garment, for he was lightly clad, and jumped into the sea. The other disciples came in the boat, for they were not far from shore, only about a hundred yards, dragging the net with the fish. When they climbed out on shore, they saw a charcoal fire with fish on it and bread. Jesus said to them, "Bring some of the fish you just caught." So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn. Jesus said to them, "Come, have breakfast." And none of the disciples dared to ask him, "Who are you?" because they realized it was the Lord. Jesus came over and took the bread and gave it to them, and in like manner the fish. This was now the third time Jesus was revealed to his disciples after being raised from the dead.

Reflection

After the death and resurrection of Jesus, the disciples return to their lives as fishermen, struggling to comprehend what had happened. Despite their confusion and uncertainty, Jesus seeks them out once more. He finds them by the lake, where they've spent the night fishing without success. Though they don't initially recognize Him, Jesus instructs them to cast their nets on the right side of the boat, leading to a miraculous catch. This encounter shows how the presence of the Risen Jesus transforms everything—turning darkness into light, making their work fruitful again, and replacing their weariness with a renewed sense of purpose, assuring them that He is with them once more.

Prayer for our new Pope, Leo XIV:

*Faithful God, You guide us on the path of life and your goodness is our constant companion. Be with our new Shepherd, Pope Leo XIV, in his service of the Church. Fill him with the power of your Spirit, the peace of your presence and the compassion of Christ.
May he walk with you, in wisdom and humility, and lead us, together with all God's people, to embody your love for the world. 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 was filled with much excitement and anticipation as the conclave met in Rome to elect the new Pope. Students began the week praying for the conclave, asking God to guide the cardinals as they selected the next shepherd of the Church. We are hopeful and thankful for the leader presented to us now, Pope Leo XIV, the first Pope from America (Mr. Greer is certainly happy). Pictured below are some staff who watched this historic moment.



We end this week with the Feast of the Ascension, remembering that after Resurrection, Jesus ascended into Heaven to take his rightful place beside God the Father. The Ascension encourages us because Jesus' victory over Death is complete; it is final. The hope we cling to does not waver as it is rooted in this reality. Let us be encouraged by the mission Jesus gave to us, to keep loving until we go to our Heavenly home with Him.

Message for Year 8 and Year 9 | Mrs Reddy

Attending the Year 8 Parents' Evening is crucial for guiding your child's educational journey. It offers a valuable opportunity to discuss academic progress, attendance, and homework habits with teachers. These insights are essential in preparation for your child to select their GCSE options towards the end of Year 9 ready for GCSE in Key stage 4 (a decision that can influence future education and career paths). Engaging in these discussions ensures your child makes informed choices aligned with their strengths and interests. Furthermore, understanding expectations for attendance and homework helps in planning ahead, encouraging responsibility, and building a strong foundation for success.

We look forward to seeing you all on **Thursday 15th May 2025, 4pm - 7pm.**

Students Leading the Way



Year 8

Alexandra E Holy-Karen
Blossom Feranmi
Eleesha Thomas
Tatiana Junaid
Morizo Darcy

Year 9

Ekaterina Ahmad
Yurume Lara
Rehoboth Finlay
Nancy D Isabelle
Jesse Daisy

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

Message for Year 7 | Mr Weedon

What a great week for Year 7! There was a huge number of achievement points earned by students this week. Leading the way we have 7BM with 242 followed by the chasing pack – well done everyone!

We celebrated the Feast of the Ascension with Mass this morning and students had the option to attend. We also had the exciting announcement, this week, that our new Pope has been elected - Pope Leo XIV.

PE has been great this week – the sunshine has meant that we have been out playing softball and rounders learning core skills for the two sports.

I have also had the chance to visit lessons this week, including RE and English. I really enjoyed a particular English lesson with Miss Moss where I saw a student present an argument about whether humans live on Mars or remain here on Earth. Mars was not a clear winner!

I look forward to the continuing hard work from students as we continue to work on legacy and stewardship this term. Have a great weekend!



YEAR 11 CELEBRATION EVENING

Thursday 10th July 2025 - Oxford Belfry Hotel

TICKETS NOW ON SALE!

GENERAL NOTICES

Sparx Maths Update | Mr Secker

Sparx Maths **WEEK 29**

Total hours spent on Sparx this year

8,739hrs

Number of questions answered correctly

537,568

XP Champions THIS YEAR 09/05/25

Name	Year	Total XP
Mithun R K	9	57,607
Da Vinci T	8	48,038
Miu Miu M	7	47,888
Ana Paula C	9	42953
Samayrah K	9	40,950
Nedia D C S	8	33,974
Sabella O	7	30,421
Ahmed M	11	30,128
Taryn N	8	29,452
Louise L	8	29,229

XP Champions for LAST WEEK

Name	Year	XP POINTS
Kanchan L	11	2,975
Joao B	11	2,845
Joshua M	10	3,340
Chiara G	10	3,009
Samayrah K	9	3,271
Ana Paula C	9	2,688
Aman A	8	2,588
Nedia D C S	8	2,102
Miu Miu M	7	5,775
Crystal A	7	3,475

GREYFRIARS
CATHOLIC SCHOOL

*SIXTH FORM
LEAVERS' CEREMONY*

2025

MONDAY JUNE 30TH, 2025 11:30 - 14:30

PLEASE JOIN US FOR A SPECIAL LEAVERS' CEREMONY
INCLUDING SPEECHES,
AWARDS
& A BUFFET LUNCH

RSVP VIA THE GOOGLE FORM



**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

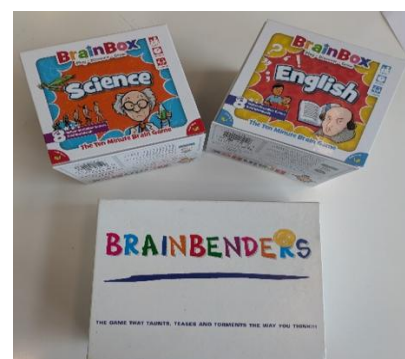
Hello Fellow Readers! I hope you had a lovely Bank Holiday weekend with lots of relaxing reading!

Our Scholastic Book Fair is now finished. Collectively, we spent **£165.67**. I hope you're all happy with your purchases, I know I am 😊. Unfortunately, it's not quite enough to have earned rewards for the library, but it's a great first effort. Well done us!



This week in the library, we have had a little display to celebrate the 80th Anniversary of VE Day.

Come along to have a read of some real-life stories and books on the topic of World War II and the collapse of Nazi Germany.



If you like to play games that can teach you something, fear not. We have just the thing! Pop in for a fun brain-stimulating game.

Are you artistic? Whether it be writing, drawing, sketching, crafting... do come up and see what competitions we have running in the library. Additionally, we are currently promoting two external competitions and there are some amazing prizes to be won. If you're a poet, or a comic artist, it's well worth exploring!

Finally, don't forget that we are now running two additional reading competitions. Here's the current Leader board for the term!

	Reading Champ		Tutor Group Reading Championship	
1	SU (8AS)	21	7RM	26
2	PL (9BK)	15	7LS	26
3	HJ (7TT)	11	8AS	21
4	AJ (8BM)	9	8BM	19
5	BD (7RM); A-ML (7RM)	7	9BK	18

Now, this is good, but we can do better! Can you be at the top of the leader board next week? Sure, you can! All you have to do is borrow some books (and read them!), and encourage your friends to do the same. I believe in you 😊.

That's it for now. Have a great weekend!

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	Frankie	Anne-Marie
Year 8	Marcuz	Eleesha
Year 9	Taheem	Alicia

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.

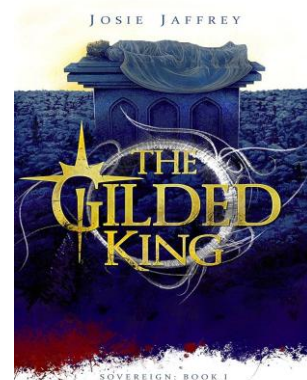
Monday	Softball Football Netball	Mr Mehmeti Mr Dunne Miss Moss
Tuesday	Cricket - Years 7, 8, 9 Rounders Basketball	Mr Weedon Mr Dunne Mr Roman
Wednesday	Basketball - Years 9, 10, 11	Mr Phillips
Thursday	Volleyball Gym Gaelic Football	Mr Ballance Mr Mehmeti Dr Dillon

Book of the Week | Review by Lian Gebana

The Gilded King by Josie Jaffrey

A fantastical and mysterious dystopian tale. Filled with all sorts of interesting characters and creatures. Class based systems of vampiric power is just a small morsel of amazing and detailed world building. You'll be raving in curiosity and won't want to do anything else until you've read the whole series back to front.

All the little intricacies put into how everything works and why they even work are incredible, you might even find yourself conflicted of who you should root for by the end of the novel!



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:

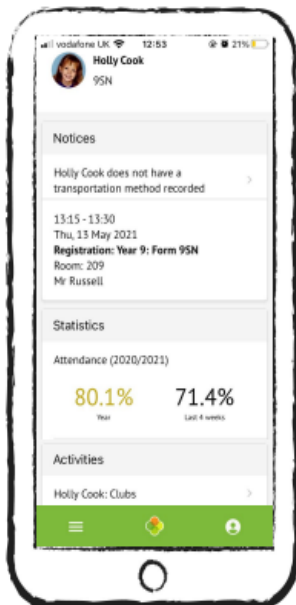
1. Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
2. **Reset your password** from the login page, or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the **password link will have expired**. Ask 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

Why ‘Learning Styles’ Like VAK Don’t Work – And How You Can Support Effective Learning at Home | Mr Dingley

Many parents will have come across the idea of learning styles - particularly the VAK model - which suggests that children learn best when taught in a way that matches their personal style: **Visual, Auditory, or Kinaesthetic**. You may have even been told, as a child, that you were a “visual learner” or a “hands-on learner” and should revise in a certain way. While this theory was once very popular in education, we now know that it simply doesn’t hold up to research.

What Does the Research Say?

A large body of educational research has shown that matching teaching to a student’s preferred learning style *does not improve how well they learn*. In fact, it can hold them back by limiting the ways they engage with new information.

The truth is, *all students benefit from a wide range of approaches* - not just one. Successful learners listen carefully, read thoughtfully, write clearly, speak confidently, and apply their knowledge in different ways.

What Helps Children Learn Best?

At Greyfriars, we use teaching strategies that are backed by strong evidence. These include:

- ❖ **Retrieval practice** – regularly recalling key information to strengthen memory
- ❖ **Spaced revision** – revisiting topics over time instead of cramming
- ❖ **Dual coding** – using visuals and words together to reinforce meaning
- ❖ **High-quality teacher explanation and modelling**
- ❖ **Oracy and structured talk** – speaking in full sentences to develop clear thinking

These strategies work *for all learners*, not just for a specific “type”.

How Can You Help at Home?

- ❖ **Encourage active revision:** Test your child on key facts, use flashcards, or ask them to explain what they’ve learned.
- ❖ **Mix up techniques:** Support revision that includes speaking, writing, drawing, and listening.
- ❖ **Help them plan:** Build a revision timetable with regular sessions spaced out over time.
- ❖ **Talk about their learning:** Ask open-ended questions and help them put ideas into their own words.

Rather than trying to match a “style,” help your child to develop good study habits and flexible thinking. That’s what truly helps them succeed.

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

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

21 May | Pilgrimage to Christ Church

23 May | Voco Hospitality Trip

26 – 30 May | Half Term Break

2 June | Term 6 Begins

13 June | Girls' Football Tournament

13 – 14 June | Year 7 Residential at Hill End

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**





UNDER 12
For Players Born After 1 SEP 2014

**NATIONAL LEAGUE
BASKETBALL
TRYOUTS**

FRI 9 & 16 MAY 7 to 8.30 PM
SAT 10 & 17 MAY 9 to 10.30 AM

CHENEY SCHOOL TO REGISTER
SCAN QR CODE

CHENEY LANE, OXFORD, OX3 7QH
TRYOUT FEE: £5
BRING PLENTY OF WATER

Oxford Hoops Basketball Club
2025/26 NBL Try Out Registration
Form



MORE INFORMATION:
WWW.OXFORDHOOPS.CO.UK
07827 331 593





UNDER 14
For Players Born After 1 SEP 2011

**NATIONAL LEAGUE
BASKETBALL
TRYOUTS**

SAT 10 & 17 MAY 10.30 to 12.30 PM
SUN 11 & 18 MAY 12 to 2 PM

CHENEY SCHOOL TO REGISTER
SCAN QR CODE

CHENEY LANE, OXFORD, OX3 7QH
TRYOUT FEE: £5
BRING PLENTY OF WATER

Oxford Hoops Basketball Club
2025/26 NBL Try Out Registration
Form



MORE INFORMATION:
WWW.OXFORDHOOPS.CO.UK
07827 331 593





UNDER 16
For Players Born After 1 SEP 2009

**NATIONAL LEAGUE
BASKETBALL
TRYOUTS**

SAT 10 & 17 MAY 12.30 to 2.30 PM
SUN 11 & 18 MAY 2 to 4 PM

CHENEY SCHOOL TO REGISTER
SCAN QR CODE

CHENEY LANE, OXFORD, OX3 7QH
TRYOUT FEE: £5
BRING PLENTY OF WATER

Oxford Hoops Basketball Club
2025/26 NBL Try Out Registration
Form



MORE INFORMATION:
WWW.OXFORDHOOPS.CO.UK
07827 331 593





UNDER 18
For Players Born After 1 SEP 2008

**NATIONAL LEAGUE
BASKETBALL
TRYOUTS**

FRI 9 & 16 MAY 8.30 to 10 PM
SAT 10 & 17 MAY 2.30 to 4.30 PM

CHENEY SCHOOL TO REGISTER
SCAN QR CODE

CHENEY LANE, OXFORD, OX3 7QH
TRYOUT FEE: £5
BRING PLENTY OF WATER

Oxford Hoops Basketball Club
2025/26 NBL Try Out Registration
Form



MORE INFORMATION:
WWW.OXFORDHOOPS.CO.UK
07827 331 593

LOCAL EVENTS AND OPPORTUNITIES

City of Oxford Rowing Club



JUNIOR SQUAD

FREE TASTER SESSIONS

Sunday 1st June
10-12am and 1-3pm
Meadow Lane, OX4 4BL
Ages 10-13, Years 6-8

Book a place







Follow us
Instagram

For any questions, please email
juniors@oxfordrowingclub.org
www.oxfordrowingclub.org.uk/junior-squad

BOOK HERE

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



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



FMRIB-WIN
University of Oxford,
John Radcliffe Hospital
Oxford, OX3 9DU

Primary researcher:
Isabelle Lövgren (DPHIL Student)
Isabelle.lovgren@ndcn.ox.ac.uk

Principal Investigator:
Mr Tim Lawrence
Tim.Lawrence@ndcn.ox.ac.uk

Imaging Study of 11 to 18 Year olds with Head Injuries
Ethics Approval Reference: 24/SC/0155



Are you 11-18 years old?

We are looking for healthy volunteers to take part in our study!

What is the purpose of the study?

Head injuries are common in young people. While most recover well afterwards, some feel worse than expected. Currently, we don't know why this happens. This study could help us predict how well someone will recover after a head injury.

What does the study involve?

We will ask you to attend 2 visits at the FMRIB centre in John Radcliffe Hospital. The visits will take place 6 months apart, and will each last around 2 hours.

Both visits will involve:

- A magnetic resonance imaging (MRI) brain scan
- Questionnaires
- Short tasks
- Height & weight measurements



Who can take part?

We are looking for young people who:

- ✓ are 11 to 18 years old
- ✓ are fit and healthy
- ✓ and take part in sports



Unfortunately, you will not be able to take part if any of the following apply:

- Currently recovering from a head injury
- Ever diagnosed with a neurological or psychiatric condition
- Unsafe to be around a strong magnet
- Previous head surgery

If you would like to find out more, please contact
Isabelle.Lovgren@ndcn.ox.ac.uk / 01865 610 471

Healthy Control Poster
Longitudinal MRI Study of 11-18 Year Olds with Traumatic Brain Injury
©: Mr Tim Lawrence

Version/Date: v1.1.04 Feb 2025
IRAS Project number: 336967
REC Reference number: 24/SC/0155

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 yn276@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

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.

Membership costs:
 £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 1161762

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

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

SUNDAY 08 JUNE 2025

10k RACE | 5K RACE | 1 MILE KIDS FUN RUN

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

PART OF fericho 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.

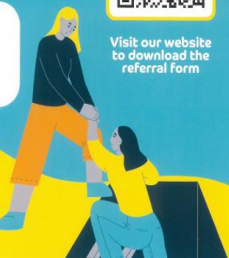
Get in touch

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



Visit our website to download the referral form

Drop-in details:



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



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



Summer Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk Recordings available for 48 hours

Supporting Healthy Sleep	16 June 10am
Decreasing Depression	16 June 7pm
Raising Self-Esteem	17 June 10am
Understanding the Teenage Brain	17 June 7pm
Understanding Addictive Behaviour	23 June 10am
Supporting a Child with ADHD	23 June 7pm
Improving Family Communication	24 June 10am
Autism Improving Communication	24 June 7pm
Facing Defiance	30 June 10am
Anxiety Based School Avoidance	30 June 7pm
Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am

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