

Weekly Newsletter

Friday 16th May 2025 | Issue 29

Dear Families

This week, our reflections began with the Gospel where Jesus speaks of Himself as the Good Shepherd. He reminds us that love is not just a feeling, but a way of living; love through action, friendship, and service. Jesus chooses us, not just to follow, but to go out and bear fruit that will last. We are called to be stewards of what we've been given: our relationships, our environment, and our gifts leaving a legacy of love, care, and responsibility. This message is our focus for this term.

This message was especially powerful as we launched into what is now truly exam season. With both GCSE and A Level exams now fully underway, we have been so proud of how our students are approaching this time. It is a time to bear fruit, to step into all they've prepared for, and to trust in the support of our community around them.

The week has also been full of enrichment and collaboration. We've hosted Into University workshops, and even had a surprise visit from a fire engine, much to the delight of students! A trip to Bicester Village provided students with a unique insight into careers and experiences in the retail and hospitality industries—delivered with true Greyfriars style. This collaboration is also in our local community and we are excited to be building a new partnership with Falcon Rowing Club, and I'm determined that we will see a Greyfriars rowing team competing in the future! The week ended beautifully with a warm and convivial Year 8 parents' evening—it was a joy to welcome families into school and celebrate the journey of our young people.

Perhaps one of the most striking things about this week has been the joy of May. The weather has been gentle and perfect, allowing our students to truly enjoy and be stewards of God's creation. From time outdoors to acts of service and leadership, our students have embraced this spirit with generosity and joy. Here is a picture of our 6th form playing some spirited volleyball!



I also want to acknowledge the tremendous impact of our House Leaders in this week's assemblies. Their dedication and contributions to school life have been uplifting and inspiring, and we're so grateful for the way they embody The Greyfriars Way.

It has been a joyful, busy, and blessed week. I hope you enjoy a peaceful and joyful weekend.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel - John 10:27-30



Jesus said: "My sheep hear my voice; I know them, and they follow me. I give them eternal life, and they shall never perish. No one can take them out of my hand. My Father, who has given them to me, is greater than all, and no one can take them out of the Father's hand. The Father and I are one.

Reflection

The Gospel message for today emphasises the deep and personal relationship between Jesus and each of us, using the image of a shepherd with his sheep. Jesus describes this relationship through three key actions: **hearing**, **knowing**, and **following**.

Hearing: We are called to listen to Jesus, which is the first step toward communion with Him.

Knowing: Jesus knows us deeply and loves us, not with judgment but with understanding and compassion.

Following: Those who hear and feel known by Jesus are moved to follow Him—walking His path, caring for the suffering, and showing compassion to others.

This relationship is initiated by God's grace and grows through our willingness to listen and respond with love and action.

We again prayer for our new pope:

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

Sixth Form News | Ms McCabe

EAL Reading Buddy Mentors

We are really excited that our first group of Jacari Peer Mentors were trained this week. Eight wonderful Y12 students - Manahil, Sadika, Natasha, Fatima, Dominion, Gabs, Annie and Kyra attended a two hour training session and are ready to buddy up with younger students in school to support them with reading, communication and confidence. Their work will have a huge impact on our young people, both for the mentors and the mentees. We are really proud to support the Jacari programme and look forward to sharing their progress later in the year.

Super curricular superstars!

A huge congratulations to three of our Y12 students for being accepted onto exceptional work experience and academic summer schools. First, Hanna, who completed a second work experience at the JR hospital this week, learning even more about Biomedicine. Secondly, Aly, who has been offered a place at the University of Edinburgh Summer School. Finally, Dominion was offered a highly prized place on the Oxford Neuroscience Experience. He was praised for having a very strong application in a highly competitive field of applicants. Well done to all of our Y12 students who are independently and enthusiastically engaging in their field of study.

Y12 PPEs

Please look out for a letter being sent home today with details of the upcoming PPEs for Y12. These are an important set of exams and we have already increased study time in Y12 for students to start revising in the Sixth Form Centre. Students will be on study leave during this time (Thursday 19th - Friday 27th) and are not expected in school. However, they are always welcome to use the space and facilities for quiet study.

Y12 & Y13 External Exams

Our L2 Y12 and Y13 students have had an excellent start to their exams. Lessons are ongoing this term and into term 6, until the final exam has been sat for that subject. We know that students are revising hard at this time. We continue to wish them the best of luck and remember, it will all be worth it in the summer!

Y13 Leavers' Event

Another reminder about the Y13 Leavers' event on Monday 30th June. Letters have gone home to families today with details. This takes place after the last exam for Y13, so it will be time to get dressed up, bring the glamour, and say goodbye to Greyfriars.

GENERAL NOTICES

Congratulations!

A huge congratulations to Michael who competed in the England Boxing National Schools Championships 2025 Finals, held in Newcastle at the weekend.....and won!

This makes Michael the number 1 School Boy Champion in England for his weight and age, this is a huge achievement and amazing to see.

WELL DONE!



Message for Year 8 and Year 9 | Mrs Reddy

I want to take a moment to say a huge thank you to all our Year 8 students and their families who attended the Parents' Evening on Thursday. It was a wonderful event, and it was genuinely lovely to see so many of you there, engaging so positively in conversations about progress and next steps.

A special shout-out goes to three of our fantastic Year 9 students: Alicia, Juliet, and Ayushana, who stepped in at the last minute to help support the evening. Your resilience, ambition, and willingness to contribute at short notice did not go unnoticed – thank you!

If you were unable to attend Parents' Evening, please don't hesitate to contact your child's subject teachers via email for an update on their progress.

Students Leading the Way

Year 8

Alexandra E Darcy
Blossom Holy-Karen
Morizo Bait
Thomas Devin
Feranmi John

Year 9

Jesse Finlay H
Nancy Lara
Ahmad Daisy
Ekaterina Rehoboth
Yurume Jayden



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

WELCOME to THE LIBRARY

Library News | Miss Brett

Hello all! Has it really been a week already??

Not much to report on this week. The library is wonderfully busy at break and lunch, and things are picking up in the mornings. Don't forget, we are open until 4pm Monday-Thursday, so come and have some lovely times with us, find your new favourite read, do your homework (so you don't have to do it at home), or simply relax!

Next week, on 21st May, it's the World Day for Cultural Diversity and we want to celebrate it with you! Come along and make a mark on our Cultural Diversity Tree. Write which country you're from, something interesting about your culture, and/or how to say 'hi' in your language. You can even draw a map! You don't have to write your name if you don't want to. I do hope to learn how to say 'hi' in at least 3 more languages though 😊.

You all know how I love reading, and how I love it when YOU ARE READING! 😊 Don't forget that reading every day for at least 20 minutes can have a wonderfully positive impact on many aspects of your life: it can reduce stress levels, broaden your vocabulary and general knowledge, improve your exam results, critical thinking, and communication skills, and many more! That's why it's so important that you don't stop reading, even you have a break from school! We have many fantastic books up in the library, come and check for yourself!

**BORROW A BOOK FOR
THE HALF TERM AND BE
IN FOR A CHANCE TO WIN
A PACKET OF BISCUITS
OR SWEETS. THAT'S ON
TOP OF ALL THE FUN
YOU'LL HAVE READING
THE BOOK! WHAT A
GREAT DEAL, ISN'T IT?**



Finally, look at the latest Reading Championship Leader Board! Well done, everyone! Keep it up!

	Reading Champ		Form Reading Championship	
1	SU (8AS)	29	7RM	38
2	PL (9BK)	21	8AS	32
3	HJ (7TT)	17	7TT	29
4	AJ (8BM)	10	7LS	27
5	BD (7RM); A-ML (7RM)	7	9BK	23

It's been a while since we did the word or phrase of the week, but I have a good one: **cultural identity** noun [C or U] - the fact of belonging to, or feeling that you belong to, a particular culture:

Examples: 1. The food we enjoy says certain things about our cultural identity 2. Nobody can impose their personal cultural identity on somebody else. 3. Australia has its own cultural identity, which is very different from that of Britain. [Cambridge Online Dictionary]

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

GENERAL NOTICES

Sparx Maths Update | Mr Secker

Sparx Maths **WEEK 30**

Total hours spent on Sparx this year

9,049hrs

Number of questions answers correctly

555,568

XP Champions THIS YEAR 16/05/25

Name	Year	Total XP
Mithun R K	9	58,607
Da Vinci T	8	50,238
Miu Miu M	7	50,188
Ana Paula C	9	44,153
Samayrah K	9	44,120
Nedia D C S	8	33,974
Sabella O	7	33,421
Taryn N	8	31,452
Ahmed M	11	30,128
Louise L	8	29,229

XP Champions for LAST WEEK

Name	Year	XP POINTS
Kiah S	11	2,975
Lewis S	11	25,845
Ayden M	10	1,840
Isabela G	10	1,509
Samayrah K	9	2,871
Faith A	9	1,288
Amna G	8	2,288
Joao Paulo MLS	8	2,102
Miu Miu M	7	2,775
Kerfala C	7	2,475



**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

Message for Year 7 | Mr Weedon

It has been another great week for Year 7 students. Miss Moss' tutor group received huge shout out from Mr Masterson on Tuesday morning for the achievement points they earned the day prior – well done! I also had the privilege of spending form time with them on Monday where we talked about Legacy - where they want to go in life and their ambitions.

Year 7 lead the way in the school, with a whopping 1,579 achievement points this week, more than 250 ahead of the second best year group in school – well done – keep up the good work!

We had our house assemblies this week that are led by a senior leader, together with sixth form house leaders. The house out in front with the most achievement points is St Edmund of Abingdon with 1,215 – excellent work!



Form Achievement Points Leader Board

First | 7LS - 474
Second | 7BM - 433
Third | 7TT - 425
Fourth | 7RM - 422



One more week until half term – this year is flying by. There will be more information regarding the Hill End residential in due course. Have a great weekend and stay safe!

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GENERAL NOTICES

Arbor Parent App | Launch Information

The Arbor Parent App is an essential tool for parents. It not only allows you to view your child's timetable, achievement and behaviour information, but you will also be able to book appointments for parents' evenings, select options for GCSEs and receive communications from school.

We plan to do a staggered launch of the Arbor Parent App from with welcome emails inviting parents and guardians to register as follows:

21st May 2025 | Year 7

28th May 2025 | Year 8

4th June 2025 | Year 9

11th June 2025 | Year 10

18th June 2025 | Year 11

25th June 2025 | Sixth Form

The welcome email will come from:

arbor-education.com

so do keep an eye out for it!

Please see the adjacent information about how to register and note that not all functions will be available / active straight away.

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

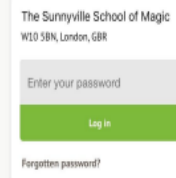
We've chosen Arbor to help us manage our school.

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



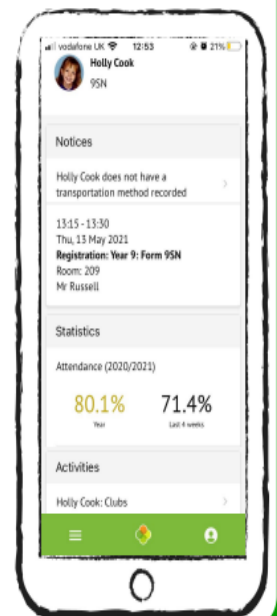
Need help using Arbor?

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.



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	Damir	Kamsi
Year 9	Jessie	Ana Paula

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

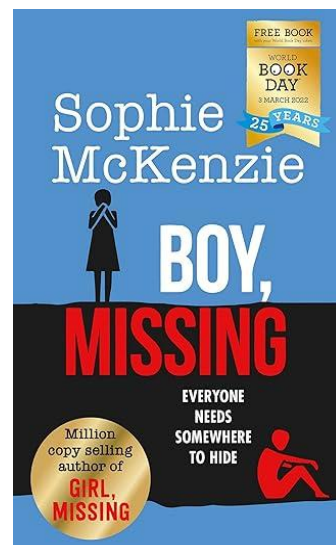
Clubs are for ALL year groups unless stated otherwise.

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

Boy, Missing by Sophie McKenzie

You may recognise the author for the lovely book of 'Girl, Missing'. This book is a tingling teen thriller, where emotions of the characters practically pierce you through the pages. You feel the frantic rush, the erratic tone and the intense adrenaline all in this short novel.



It's fear and that feeling of condensed courage rolled into one wonderful short story!

GENERAL NOTICES

The Importance of Sequencing: Why the Order of Learning Matters | Mr Dingley

At Greyfriars, we believe that *what* we teach is important - but *how* and *when* we teach it matters just as much. This is called *sequencing*: the careful order in which knowledge and skills are introduced so that each new step builds securely on the last. Learning is like building a wall - each new brick needs a solid layer beneath it. If a step is skipped or misunderstood, the next part becomes much harder. That's why sequencing is at the heart of our curriculum: it ensures that learning makes sense, builds over time, and leads to deep, lasting understanding.

Why Sequencing Matters

- ✓ **It helps knowledge stick** – New information connects to what you already know, strengthening memory and understanding.
- ✓ **It avoids confusion** – When content is taught in the right order, students are better able to grasp complex ideas.
- ✓ **It makes learning purposeful** – Each lesson links clearly to the next, helping students see the bigger picture.
- ✓ **It gives time for practice** – Ideas are revisited and built upon, not just taught once and forgotten.

Being Present Matters Too

Because each lesson builds on the one before it, being in *every* lesson is crucial. Missing even one can create gaps that make future learning harder to access. That's why good attendance isn't just about being in school - it's about keeping your learning journey connected and on track.



YEAR 11 CELEBRATION EVENING
Thursday 10th July 2025 - Oxford Belfry Hotel

TICKETS NOW ON SALE!

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



In partnership with hey girls...

OXFORDSHIRE COUNTY COUNCIL

Free School Meals

Are you entitled?

Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)

- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household earnings must be less than £7,400 a year (after tax and not including any benefits you get).

If you would like to apply, please contact Fiona Easton for an application form via: f.easton@gfcs.uk

GENERAL NOTICES

Dates for your Diary

- 21 May | Falcon Boat Club Enrichment Visit
- 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
- 16 June | Hamlet All Hail to the Thief Theatre Trip
- 18 June | Y6 Induction Evening for Families

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

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

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



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

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

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



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

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

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



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

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

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



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 | CHILD CARE VOUCHERS ACCEPTED

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



DISCOVER & Create

Creative activities in a safe and welcoming environment for young people experiencing mild-moderate mental health issues to support wellbeing, self-esteem & confidence.

Join us at the Museum of Natural History & Pitt Rivers. Have a go at creative activities inspired by museum objects. Handle real museum objects and go behind the scenes.


There is always a choice if and how you want to take part.






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



NHS Oxford University Hospitals NHS Foundation Trust

OXFORD DEPARTMENT OF CLINICAL NEUROSCIENCES

THE PODIUM INSTITUTE FOR SPORTS MEDICINE & TECHNOLOGY

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: v1.104 Feb 2025
IRAS Project number: 336967
REC Reference number: 24SC0155

Dates

- Thursday 22 May
- Thursday 29th May (drop in)
- Thursday 5th May
- Thursday 12th May
- Thursday 19th May
- Thursday 26th May

Times

- 3pm - 4.30 pm

Venues

- Pitt Rivers Museum & Museum of Natural History, Parks Road, OX1 3PW

Free drink in the cafe for parents/carers





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 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



WINDRUSH DAY CELEBRATION WITH THE BISHOP OF OXFORD

Join us for a special Service of Thanksgiving
Honouring the contribution of the Windrush Generation to the Church and community

Sunday 22nd June
St Mary & St John's Church,
Cowley Road



- 10:30am - Thanksgiving Service, including the Dedication of the Windrush Plaque by Bishop Steven

- 12:00 noon - Celebration Lunch with:
 - o Art Exhibition
 - o Music and Dance by Local Schools

In collaboration with Eyukamba Foundation
Everyone is warmly welcome!

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



BODY POLITIC

YOUTH AUDITION

Body Politic YOUTH is auditioning for some new members to add to the team!
Open to experience dancers aged 15-25yrs.
Audition date: Saturday 28th June 2025
Timings: 1-3pm
Location: Pegasus Theatre, OX4 1RE

SIGN UP HERE



07791905851

www.bodypoliticdance.com
education@bodypoliticdance.com