

Weekly Newsletter

Friday 30th January 2026 | Issue 17

Dear Families

We began the week with the Gospel from Matthew 4:12–23, where Jesus calls the first disciples. In our Monday assembly, we reflected on how Jesus does not call people when they feel ‘ready’ or qualified; he simply says, ‘Come, follow me.’ The disciples are invited to leave behind what is familiar and to trust that their lives have purpose. They are ordinary people called to do extraordinary things.

This Gospel speaks powerfully to our Vocation pillar within the Greyfriars Curriculum. Vocation is about listening for what we are called to do, not just in terms of future jobs, but in how we live, serve and contribute each day. This week has been full of moments where our students have been doing exactly that.

Year 11 students have taken part in mock interviews and I was especially proud to receive outstanding feedback from the enterprise team, who told us they love coming to Greyfriars because our students are so friendly, respectful and polite. They described them as, quite rightly, ‘*the best students*’. As you will know, we place a strong emphasis on being Greyfriars polite, which is extra polite, and this has really shone through. What wonderful recognition, and a perfect example of how individual actions build a collective culture of joy, connection and dignity. I think Year 11 may well deserve some special prizes for that one!

Alongside this, it has been an exceptionally busy academic week:

- All year groups have been completing a Future Skills questionnaire
- All year groups have been invited to respond to a student questionnaire
- Our Catholic Life Leaders are organising the listening strategy with Citizens UK
- Year 9 are considering Options for GCSEs
- Year 10 students have been exploring potential work experience placements
- Year 11 completed their final Hospitality and Catering exam
- Year 10 have been sitting PPEs (mock exams)
- Year 12 completed Business and PE examinations
- Year 11 have completed applications to 6th form
- Year 11 Art students are currently visiting the Ashmolean Museum, gathering final inspiration for their GCSE coursework

And all of this has taken place alongside our usual lessons, sports fixtures, clubs and enrichment opportunities — phew!

Looking ahead, one exciting event to watch out for is our annual Science Fair. This is always one of the highlights of the school year and a wonderful opportunity for our budding scientists to experiment, innovate and showcase their curiosity. With a top prize of £50, we hope many students will get involved.

Thank you, as always, for your continued support. Weeks like this remind us just how vibrant and purposeful life at Greyfriars truly is and this can only happen with your support.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel - Matthew 4 : 12 - 23

Jesus Begins to Preach

12 When Jesus heard that John had been put in prison, he withdrew to Galilee. 13 Leaving Nazareth, he went and lived in Capernaum, which was by the lake in the area of Zebulun and Naphtali— 14 to fulfil what was said through the prophet Isaiah: 15 "Land of Zebulun and land of Naphtali, the Way of the Sea, beyond the Jordan, Galilee of the Gentiles— 16 the people



living in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned." 17 From that time on Jesus began to preach, "Repent, for the kingdom of heaven has come near."

Jesus Calls His First Disciples

18 As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. 19 "Come, follow me," Jesus said, "and I will send you out to fish for people." 20 At once they left their nets and followed him. 21 Going on from there, he saw two other brothers, James son of Zebedee and his brother John. They were in a boat with their father Zebedee, preparing their nets. Jesus called them, 22 and immediately they left the boat and their father and followed him.

Jesus Heals the Sick

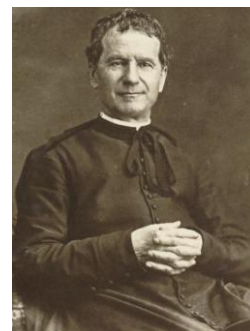
23 Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.

Reflection

This passage describes Jesus beginning His public ministry in Galilee after John the Baptist's imprisonment, moving to Capernaum, proclaiming the Kingdom of Heaven, and calling His first disciples (Peter, Andrew, James, and John) from their fishing nets, promising to make them "fishers of people." This passage marks the start of Jesus's itinerant teaching, preaching, and healing ministry throughout Galilee.

Prayer (to St. John Bosco):

O glorious Saint John Bosco, who in order to lead young people to the feet of the divine Master and to mould them in the light of faith and Christian morality didst heroically sacrifice thyself to the very end of thy life and didst set up a proper religious Institute destined to endure and to bring to the farthest boundaries of the earth thy glorious work, obtain also for us from Our Lord a holy love for young people who are exposed to so many seductions in order that we may generously spend ourselves in supporting them against the snares of the devil, in keeping them safe from the dangers of the world, and in guiding them, pure and holy, in the path that leads to God. 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 | Mr Greer

This week, we concluded our Listening Campaign with Citizens UK. Students, staff, and parents all their voices, putting Subsidiarity into action. Our initial findings show Traffic, Public Transportation, Affordable Housing, and Youth Activities as major concerns. On Tuesday, a team of students and I will meet with other organisations at Blackfriars Hall to strategise on how to tackle these issues. We remember that Jesus told His followers to look out for the most vulnerable in society, and we strive to do the same with this work.



Well done to all who have helped and participated!

Year 11 Mock Interview Event | Mr Dunne

On Tuesday, our Year 11 students took part in a highly successful Mock Interview event as part of our careers programme. We were delighted to welcome 15 external volunteers who generously gave their time to conduct 15-minute semi-structured interviews with our students, helping them to experience what a real interview environment is like.

The feedback from our volunteers was extremely positive. Students impressed interviewers with how confidently they presented themselves, the quality of their responses, and their smart, professional appearance. Two volunteers, who have supported this event for several years, commented that this cohort was the strongest they have worked with — praising them as a credit to the school and describing them as a fantastic group of young people.

This experience provided invaluable preparation for future college, apprenticeship and job interviews, and we are incredibly proud of how well our Year 11s represented themselves. A huge thank you goes to our volunteers for their continued support and to our students for approaching the day with such maturity and enthusiasm.

Mindfulness Enrichment | Miss Watkin

In our mindfulness enrichment we are focussing on paying attention to the present moment and noticing what is happening in our bodies, thoughts and feelings. The students wanted to get imaginative and make some slime. This gave us all an excellent opportunity to anchor our attention in the present moment through sensory engagement, gentle focus and some playful creativity. We had some lovely conversations along the way together and all felt more relaxed and calm.



GENERAL NOTICES

Sixth Form News | Ms McCabe

UpLearn Stars!

UpLearn is a grade boosting platform for A Level students studying Biology, Chemistry, Physics, Economics and Psychology.

Each week we celebrate our students who have spent the most time on the platform and who have made the most progress. I did want to say an additional huge well done to the following Y13 students who have all spent over 100 hours each independently working through the revision content on the platform: Annie, Aliza, Phil, Sethuli, Gabriel, Faizan, Ben, Basit, Rebecca, Elton and Anisah. You are an inspiration!

KS5 PCE

Letters went home this week with details of the Parent Consultation Evening which takes place next Thursday 5th February between 4-7pm. This is a really important opportunity for parents and students to speak to their teachers and get individual advice and support. For Y13, conversations will be focused on guidance for the upcoming PPEs and key gaps to address as students approach their summer exams. For Y12, meetings will focus on how well students have adapted to Sixth Form study and the progress being made on their courses. Appointments can be booked through the Arbor App or website. If any families have difficulty booking, please contact the Sixth Form team and we will be happy to help.

Children's Mental Health Week

It is Children's Mental Health Week from 9th-15th February. Sixth Form students will be running the Student Hub with a range of activities for younger students. This is a brilliant chance for everyone to get involved. The theme of this year is 'This is My Place', celebrating the extent to which students feel accepted, respected and included. The input from Sixth Form students is invaluable and they are absolutely key to shaping the culture of Greyfriars. More details of the activities taking place in next week's newsletter.

Sixth Form application deadline!

Today is the deadline for applications to Greyfriars Sixth Form. Y11 will be invited to attend a short interview to discuss their course choices. After this, we will send out letters offering a place on a Level 2 or a Level 3 course. It is important to remember that it is only after GCSE Results' day on August 20th that we can finalise places and courses in Sixth Form. If any student is worried about their Sixth Form application, please speak to Ms McCabe.



GENERAL NOTICES

Library News | Miss Brett

Hello everyone!

This week we've been preparing for Children's Mental Health Week, which our school is observing from Monday. But instead of telling you what we have going on, why don't I show you instead...



First of all, we have changed our positivity wall into a Chain of Kindness display. Everyone can come along and add their kind words to our ever-growing chain.

Remember: Kindness spreads 😊. We are all one community and we hold each other up!

We are also advocates of normalising feelings. All feelings. It's OK not to be OK. That's why we have a "How are you feeling...Really?" wall, where students can be honest about their emotions and see they are not alone.

What makes it better – on the said wall there is also a space to mention things that make one feel better. I for one, love some good music when I'm stressed, and a good book when I'm overwhelmed. Sharing helps lighten the load, and might help others as well.

Let's not forget our book displays. We have plenty of books to support your wellbeing and encourage you to be your true authentic, and happy self 😊.



Don't forget, this term's author in spotlight is Jane Austen. She wrote 6 major novels – how many titles could you name?

Finally, has there been any change in our Reading Championship Leader Board?

TERM 1 WEEK 4				
	Reading Champ		Tutor Group Reading Championship	
1	SU	27	8TTO	24
2	PL	20	9KAN	15
3	AJ	16	7KR	11
4	SS	7	8BMO	8
5	A-ML, LN, HS	5	7BN	7

Have a lovely weekend!

GENERAL NOTICES

Stars Pathway Weekly Highlights | Mr Jubin

The Stars Pathway had a fantastic week, packed with learning, confidence-building and a lot of personality! We were delighted to welcome Kali and Mario to the pathway — we're very glad to have you both with us.

In English and drama this week, pupils explored Portia's not-so-happy moments from *The Merchant of Venice* and travelled back to Elizabethan times. Ludozio, Tommy, MickeyJo and Lexi took a big step from classroom drama to centre stage, performing Portia's monologue with microphones firmly switched on. After some initial hesitation (and deep breaths), all four performed twice, using excellent tone, expression and actions — proving that courage grows once you step into the spotlight! A Kahoot quiz on the play brought out everyone's competitive side, with Tommy claiming victory and earning the title of Star of the Week — Shakespeare would be proud.

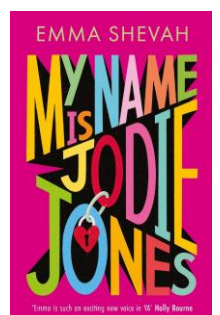
In Science, pupils explored forces, carrying out practical experiments on friction and electrostatic force. Rulers, paper and enthusiasm were in high supply, and once pupils discovered that rubbing rulers on clothing made things stick... it was very hard to persuade them to stop! With Dr Rogers, pupils also measured the weight of different materials using a Newton meter and handled scientific equipment with great care (mostly!).

In RE, pupils learned about Muhammad, leading to thoughtful discussions. Their curiosity didn't stop there, and questions about Christianity kept the lesson lively, with plenty of meaningful comparisons and respectful dialogue throughout.

Creativity was in full swing during Soft Landing, where pupils made carnival masks with Miss Swanton, as part of preparations for the carnival scene in *The Merchant of Venice*. The excitement is definitely building! Another energetic, expressive and unforgettable week in the Stars Pathway.

Weekly Book Review by Lian

Wonderfully written and well researched-tone of the novel and the clarity in the protagonist's thoughts and feelings create a sense of understanding throughout all the pages as Jodie goes through what is more than a rough and harsh time. The writing and language is not eloquent or overwhelmingly lavish but real and adventurous which isn't to say that it's blunt because that simply isn't true. Jodie finds truth and beauty in words and Shevah portrays this fantastically throughout the book. It's almost as if you're blinking owlishly at every scene you observe before actually swooping in and feeling every event and action with Jodie. The novel itself is simulating and I once again say real-finding ways to hide from things as well as solutions to troubles-it all forms meaning. The very same lesson you may find Jodie learning too.



GENERAL NOTICES

Message for Year 7 | Mr Cunningham

Year 7 began this week with their assembly on why we are in school and what the opportunities look like for them. It is wonderful to see how much they have sought out opportunities to be involved in school life, through the Catholic Life Ambassadors, Librarians, Leadership Enrichments as well as representing the school as guides and participating in activities with external providers.

This week's achievement point leaders were 7BN once again, with 7ALW close behind them. As for our students, Abi led the way with 23 Achievement Points.



Abi	23
Jude	22
Muhammad	21
Emmabong	20
Isma	19

Well done to everyone for making it through January!

7BN	292
7ALW	231
7KR	193
7GKE	153

Sparx Maths **WEEK 17**

Total hours spent on Sparx this year

6,276hrs

Number of questions answered correctly

467,558

XP Champions THIS YEAR | 30/01/26

Name	Year	Total XP
Miu Miu M	8	31,451
Nita C	11	25,653
Seerat S	7	25,640
Aseda K	7	25,329
Samayah K	10	23,212
Nora C	11	22,570
Emmabong B	7	22,456
Sky G	8	21,003
Rayan P	7	20,528
Russell R	11	20,244

XP Champions for LAST WEEK

Name	Year	XP POINTS
Hajera S	12	3,481
Kanchan L	12	2,481
Kryspin B	11	6,275
Sharon S	11	4,545
Samayah	10	3,240
Victoria P	10	2,609
Gaudencio F	9	2,671
Feranmi A I	9	1,588
Sampson O	8	10,688
Miu Miu M	8	5,557
Aseda K	7	5,875
Emmabong V	7	4,045



Kenya 2026 | Trip Update

25 days to go!

Our students are getting really excited, flights booked, forms completed, vaccinations started...

If you are able to make a donation, please go to our JustGiving page:

[LINK](#)



GENERAL NOTICES

U13 Basketball | Mr Roman

A Positive Start for Our U13 Girls Basketball Team!

Our U13 Girls Basketball Team played their first-ever County League game, on Tuesday at Cheney School. The team is made up of 12 students — ten from Year 7 and two from Year 8 — and they faced a very tough opponent in Cheney School, last season's County League champions.

Despite the challenge, the girls showed impressive attitude and resilience on the court. Competing against a more experienced team made up entirely of Year 8 players, our students approached the game with confidence, teamwork, and determination.

Reflecting on the performance, Mr Roman said:

“This was our first game, and even though we played against last year's champions, who fielded a team made up only of Year 8 players, I believe our girls played with attitude, ambition, and determination. Despite a very close 24–20 loss, we controlled large parts of the game. Well done to all the girls involved — we will continue our preparation for the upcoming fixtures.”

The final score did not fully reflect the quality of the performance, as the team demonstrated strong defensive effort, excellent communication, and great composure throughout the match.

Most importantly, the girls supported one another, played with confidence, and represented the school with pride.

This game was a fantastic learning experience and a very promising start to their County League journey. With continued hard work and commitment, the future looks bright for this talented group of young athletes.



Well done to all the players. We look forward to supporting the team in their upcoming matches!

Bike Shed

Please ensure that your child brings a lock for their bike and that it is securely locked at all times when brought into school. We also kindly ask that any accessories are removed from the bike when left unattended.

Please note that all bikes are left at the owner's risk. We recommend taking a clear photo of each side of the bike for your records.



GENERAL NOTICES



Greyfriars Catholic School
Invites you to a

FREE BREAKFAST!

Get an energy boost before
class with a **FREE** breakfast -
don't miss out!

When: Every week day
Where: School Restaurant
Time: 8:00am-8:30am

National School Breakfast Programme is delivered by Family Action.
Find out more of family-action.org.uk/NSBP.

Family Action, Registered as a Charity in England & Wales no. 264713.
Registered as a Charity in the Isle of Man no. 1206. Registered Company Limited by Guarantee in England and Wales no. 01064816.



PARIS FOOTBALL TOUR

MONDAY 15TH-
FRIDAY 19TH
FEBRUARY 2022
(HALF TERM)

- Fixtures vs local opposition
- Tour of the Stade de France
- Full day at Disneyland Paris
- Shopping in Paris

Sightseeing in Paris:

- Eiffel Tower
- Champs-Élysées
- River Seine

Outdoor Adventure Day:

- Bubble football
- Archery tag
- Disc golf

- Evening meals at local restaurants.
- Executive coach travel and ferry crossing.
- 4 nights en-suite accommodation, including breakfast.



For more information about the Paris trip, please click on the link to watch a presentation by Mr Dunne: **VIDEO**

Astroturf

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

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

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

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

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



GENERAL NOTICES

Friends of Greyfriars (PTA)

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

- 3 February | Year 8 HPV Vaccinations
- 3 February | Citizens UK Strategy Meeting
- 4 February | Sixth Form Debating Competition
- 5 February | KS5 Parent Consultation Evening
- 9 February | Year 11 LTN Geography Field Trip
- 10 February | Safer Internet Day
- 11 – 13 February | Battlefields Trip to Belgium
- 11 February | Made in Oxford Launch
- 16 – 20 February Half Term

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.



YouTube

LOCAL EVENTS AND OPPORTUNITIES

Oxford Hub

FREE PRE-LOVED SCHOOL UNIFORM POP-UP SHOP

DROP IN SUPPORT AVAILABLE DURING THIS SESSION WITH THE PARENT POWER TEAM

Open every Monday from
12th January
12-2PM
Templers Square Shopping Centre



FOR MORE INFO CONTACT KYLIE 07707918532
KYLIE@OXFORDHUB.ORG

Community step, dance & VIBE.

JOIN US FOR A DANCE AND STEP CLASS!
SUITABLE FOR AGES 11+

LEISURE CENTRE, PEGASUS RD, OXFORD OX4 6JJ

FRIDAY 20 FEBRUARY & FRIDAY 6 MARCH

IT'S COMPLETELY FREE!

WHERE DO I SIGN UP?

 @thegirlsstep

 www.ticketsource.co.uk/the-girls-step

 madgroupuk.org@gmail.com

Oxford Hub

You're invited!

UK SCHOOLS CHARITY TRIATHLON ENGLAND SOUTH - HENLEY TRIATHLON

Henley Leisure Centre and Gillotts School, Oxfordshire, RG9 1PS
For ages 5 to 16 years | Saturday 30th May 2026

A Fun charity triathlon for all abilities with FREE Registration

Simply choose your event & start fundraising for your school/charity
Easily create your fundraising page to share with family & friends

EVENT	AGE GUIDE	SWIM	CYCLE	RUN
TIN	5-7 yrs	10m	1000m	500m
ZINC	8-9 yrs	25m	1000m	500m
STEEL	8-11 yrs	50m	2000m	1000m
BRONZE	10-13 yrs	50m	3000m	1500m
SILVER	12-15 yrs	100m	4000m	2000m
GOLD	14-16 yrs	150m	4000m	2500m

CHECK OUT THE VIDEO AT CHARITYTRIATHLON.ORG

WHAT'S INCLUDED


- Official Finishers Medal
- Achievement certificate for all finishers
- Your own fundraising page & link to share
- Free Les Mills Run to Move exercise videos

ONLY 1000 PLACES AVAILABLE. SECURE YOUR FREE ENTRY NOW!

UK Charity Triathlon is a non-profit charity dedicated to boosting fun-filled events, designed to boost children's physical and mental well-being. Regardless of age, background, or ability, children can swim, cycle, and run in our safe, professionally managed venues to build confidence and raise funds for your school/charity.

FOR MORE INFO VISIT CHARITYTRIATHLON.ORG





SENse Learning is running six workshops, designed to support parents and carers with practical guidance, up-to-date information, and strategies that can be used at home. The sessions are a great way to learn, build understanding, and gain confidence in supporting your child's development and wellbeing.

Workshop topics include:

- 28th Jan | Parenting styles and attachment [Book here](#)
- 11th Feb | Brain development in children and young people [Book here](#)
- 25th Feb | Self-regulation and sleep [Book Here](#)
- 11th Mar | Online safety [Book here](#)
- 25th Mar | Understanding young people's mental health [Book here](#)

Booking information

All workshops are free to attend and will be delivered online
Tickets can be booked via Eventbrite
Places are limited, so we encourage early booking

Full details of each session, including dates and times, are available on the Eventbrite booking page

CCAC 牛津華人社區及諮詢中心
Oxfordshire Chinese Community & Advice Centre

2026 LUNAR NEW YEAR CELEBRATION

YEAR OF THE HORSE

日期 Date: Sunday 22nd February 2月22日(星期日)正月初六
地點 Venue: 牛津市會堂 Oxford Town Hall, St Aldates, Oxford OX1 1BX
時間 Time: 下午 12:30 - 1:20 pm Entry/Collect Simple Lunch 入場/領取食物 (Assembly Room)
下午 1:30 - 3:30 pm Mini Dragon Dance Workshop 小龍舞蹈工作坊 (Main Hall Entrance)
下午 3:30 - 4:00 pm Cultural Performances 文娛節目 (Main Hall)
2:00 - 4:00 pm New Year Market 新春市集 (Assembly Room)

Programme 新春節目

Lion/Dragon Dance, Martial Arts, Guzheng, Pipa and Jinghu Duet, Classical Poem Recital, Peking Opera, Piano Recital, Chinese Folk Dances and Songs, Skit, New Year Market and Charity Raffle Draw
舞獅、舞龍、古箏、琵琶京胡二重奏、唐詩朗誦、京劇、鋼琴獨奏、民族舞蹈及歌曲、小品、新年市集、慈善抽獎

入場券 (費用包括簡餐) Tickets (Simple lunch included)	早鳥預購價/Early Bird Price (1月31日及之前/ on/before 31 st January)	正價/Normal Price (2月1日開始/ begins on 1 st February)	即日票價 At the Door Price
成人 Adult (13+)	£10	£12	£20
兒童 Child (3-12)	£10	£12	£14
上賓 Premium Guest	£30	£18	

簡餐包括: 春卷、咖喱角、雞塊、雞翼、粟粉/麵、三文治及蛋糕
Simple lunch include: spring rolls, samosas, chicken nuggets, chicken wings, rice vermicelli/noodles, sandwiches and cakes
Tickets are likely to sell out, so please buy your tickets in advance to avoid disappointment! 票位有限, 請早訂位, 購票從速!
門票一律現金, 恕不接納信用卡。 Tickets once sold are non-refundable.

售票地點 Tickets can be purchased at:

- The Meeting Room, St Clement's Family Centre, Cross Street, Oxford OX4 1DA
- *由 2026年1月12日起 (逢星期一) 中午12:00 - 下午2:30 / From 12th January 2026, Mondays 12:00 noon - 2:30 pm
- Senli Cash & Co, 16th High Street, Oxford OX1 4AG & 17 Golden Cross, Oxford OX1 3EU
- Jing Jing Oriental Food Store, 198 Cowley Road, Oxford OX4 1UE
- Jim Jin Chinese Restaurant, 179 Cowley Road, Oxford OX4 1UT
- Meal Plus, 31 St Clements Street, Oxford OX4 1AB
- Rice Box Chinese Restaurant and Takayway, 178 Cowley Road, Oxford OX4 1UE
- Sir Sun's Wok, 278 Cowley Road, Oxford OX4 1UR
- Sushi Corner, 94 Cowley Road, Oxford OX4 1JE

銀行轉帳 Bank Transfer:
Account name: Oxfordshire Chinese Community and Advice Centre
Sort code: 20-65-18 Account number: 60690005
請核對儲蓄部付款確切中心, 註明名字及門票數量
Please send the payment confirmation to CCAC, specifying your name & number of tickets.
電郵 email: admin@ccac.org.uk or WhatsApp 07470 613844

網上售票 Online Ticketing: <https://ccac-lunarnewyear2026.eventbrite.co.uk/>

Charity Raffle Draw 慈善抽獎

One 1st Prize 頭獎一名
OXY 八人自助晚餐 OXY ORIENTAL "Buffet Dinner for 8" Voucher

One 2nd Prize 二獎一名
£100 購物禮券 £100 Gift Card

Three 3rd Prizes 三獎三名
Two Sir Sun's Wok "Meal for 2" Vouchers
No.44 Fish Bar £30 餐券 2張 Two No.44 Fish Bar £30 Meal Vouchers

Thirty-Eight Additional Prizes: 另贈獎三十八名
OXY 全隻燒鴨禮券 (4名) Roast Duck Voucher (4 prizes)
靜軒超市 £20 禮券 (20名)
Jing Jing Oriental Food Store £20 Voucher (20 prizes)
福聯牌二人餐券 2張 Two Sir Sun's Wok "Meal for 2" Vouchers
E20 美食餐券 (14名) E20 Meal Voucher* (14 prizes)
No.44 Fish Bar £30 餐券 2張 Two No.44 Fish Bar £30 Meal Vouchers *美食餐券贊助 Sponsors: Jin Jin, Rice Box, Sushi Corner

「慈善獎券, 買過十張, 喜慶祥瑞, 支持中心, 扶弱濟貧, 造福人聲」

請踴躍購買原新年慈善獎券, 所有收入全數撥作中心經費

All proceeds go to CCAC. Oxford City Council registration number: 25/05121.SML0TT

Eventbrite
每張 £1. Each

LOCAL EVENTS AND OPPORTUNITIES



Cokethorpe SCHOOL

FUTURES

← CAREERS APPRENTICESHIPS →

UNIVERSITY

Futures Fair

5:15pm, Tuesday 10 February

Over 40 universities and companies attending.

Register here: 

Blackbird Leys COMMUNITY LARDER

What is a community larder?

A membership programme that provides:

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

Who can join?

Anyone who wants to prevent food waste and save money. It is not means tested.

Where does the food come from?

A Didcot based charity, providing surplus food, training and opportunities to young people and organisations.

£10
P/YEAR
ANNUAL JOINING FEE

+

INDIVIDUAL MEMBERSHIP FROM £3.50
P/WEEK

FAMILY MEMBERSHIP FROM £7
P/WEEK

An individual membership provides up to 10 items of non-perishables (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 1116781



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



OXFORD UNITED IN THE COMMUNITY www.ouitc.org



SCAN THE QR TO BOOK



GIRLS ONLY PREMIER LEAGUE KICKS TUESDAY IN OXFORD YEAR 7 - YEAR 13

5:00PM - 6:00PM

Leys Pools and Leisure Centre, Pegasus Road, Oxford, OX4 6JL

FUN AND SOCIAL FOOTBALL

FREE TO ATTEND.




Contact Us plkicks@oufc.co.uk






LEYS YOUTH HUB

LOCATION: LEYS POOL AND LEISURE CENTRE, PEGASUS ROAD
FREE ACTIVITIES FOR 11 - 18

MONDAYS 3.30 PM - 5.30PM:
CREATIVE SESSION
BAKING, ART, MUSIC

THURSDAYS 3.30 PM - 5PM:
CREATIVE SESSION
COOKING, BAKING, ART, MUSIC

TUESDAYS 4PM - 6PM:
GIRLS GROUP
NAILS & BEAUTY, GAMES, MOVIE NIGHTS

PLUS ROCK CLIMBING (PREBOOK ONLY)
MONDAY 5.30PM - 6.30PM
THURSDAY 5PM - 6PM & 6PM - 7PM


TUESDAYS 6.15PM - 8PM:
OPEN ACCESS
GAMES, COOKING, CHILL OUT

CALL LYDIA ON 07483007103
OR JEN ON 07483010739

FOR ROCK CLIMBING BOOKINGS EMAIL: LEYSYOUTHUB@OXFORD.GOV.UK

ARE YOU A PARENT TO SOMEONE WITH A LEARNING DISABILITY FROM A BLACK, ASIAN OR OTHER ETHNIC MINORITY GROUP?

WE ARE OFFERING A **FREE BRIEF THERAPY INTERVENTION** FOR PARENTAL STRESS AS PART OF AN OXFORD UNIVERSITY STUDY



WHAT IS THE BRIDGE-LD STUDY?


The BRIDGE-LD Study (Burnout Relief Intervention for Diverse Guardians of Learning-Disabled Youth) examines whether a short course of Acceptance and Commitment Therapy reduces depression, anxiety, and burnout in parents of people with LD. It includes four online one-on-one sessions with a trainee clinical psychologist and one follow-up session. You will be asked to complete questionnaires throughout. Each session will last approximately one hour.

WILL I BE COMPENSATED FOR MY TIME?


Yes, you will be given a 5 pound voucher for each data collection session you complete (up to 25 pounds).

I HAVE QUESTIONS. WHO CAN I ASK?


If you have any questions, you can contact the Lead Investigator, Nadia Abdel-Halim, at grt4101@ox.ac.uk or you can scan the barcode below for more information.




NADIA ABDEL-HALIM
TRAINED CLINICAL PSYCHOLOGIST



DR. EMMA KINNARD
CLINICAL PSYCHOLOGIST



DR. NEHA MUNDRA-WALIA
TRAINED CLINICAL PSYCHOLOGIST



SCAN HERE!

UNIVERSITY OF OXFORD

This study has received favourable approval from the University of Oxford Central University Research Ethics Committee (CUREC) Ethics Reference: MS DREC 619888

LOCAL EVENTS AND OPPORTUNITIES

Next Thing Education Presents

LIMITED SPACES
BOOK BY
6TH FEB

FEB HALF TERM 2026



Coding & Robots | Circuitry & Inventions | LEGO Engineering | Minecraft Madness | Tech Fun

Movie Making | Video Game Design | Robot Coding | STEM Experiments | Engineering

Different activity theme each day, please check our website for your camp activities.

16TH - 20TH FEBRUARY - LIMITED SPACES

What Parents Say

"Absolutely Fantastic!
First time attending &
my son loved it!"

★★★★★

HOW TO BOOK

STEP 1 SCAN THE QR CODE

STEP 2 FIND YOUR NEAREST CAMP

STEP 3 BOOK ONLINE SPACES LIMITED

BOOK

CHILD CARE VOUCHERS AND TAX FREE CHILD CARE ACCEPTED

W: WWW.NEXTTHING.EDUCATION
E: INFO@NEXTTHING.EDUCATION T: 01442 873150

TECH CAMP

FEBRUARY CAMPS 2026

Dragon School, OX2 6SS

£39.99 PER DAY OR £175 FOR 5 DAYS
9 AM - 4PM, AGES 5-11

FIND YOUR NEAREST CAMP ON OUR WEBSITE
www.nextthing.education

SCAN ME

CHILDREN UNDER 16 MUST BE ACCOMPANIED BY AN ADULT

School holidays just got more exciting!
Fresh air, freedom and adventure!



Ready for a school holiday full of excitement?

Active Adventures at Youlbury is the ultimate outdoor adventure club for children aged 8-16. Packed with thrilling challenges, nature connection activities, and epic team games, each day offers a new adventure to inspire a love for the great outdoors!

www.scoutadventures.org.uk/events

East Oxford Parent Power

What path would you like to see your child take after high school?

We warmly invite you to our Parent Power meeting.

Date: Tuesday 27th January 2026
Time: 6-8pm
Location: Rose Hill Community Centre Caroles Way OX4

We're meeting to discuss important topics that affect our families:

- Accommodation & Safety
- Mental Health & Wellbeing
- Your voice matters. Your ideas matter. Together, we make change happen!

Action Step:

To register your interest and find more information, contact:

Iram Woolley 07756 224022
parentpoweroxfordshire@thebrilliantclub.org

OXFORD BROOKES UNIVERSITY

THE BRILLIANT CLUB

SCAN ME

Give your child an unforgettable school holiday filled with fresh air, freedom and adventure!

Set within 42 acres of stunning woodland in rural Oxfordshire at Youlbury, Boars Hill, children aged 8-16 will take part in a daily programme of non-stop outdoor action. With expert instructors leading the way, creating a safe and supportive environment where children run, climb, explore, and build confidence while unplugging from screens and having a blast with friends in the great outdoors!

What's on offer:

- High-energy adventures such as archery, ziplining, and climbing.
- Fun team building games and problem-solving challenges.
- Survival skills such as shelter building, backwoods cooking and fire lighting.
- Connect with the natural world with mindful activities, outdoors arts and crafts, wildlife spotting, and nature walks.

When is it:

- Running throughout school holidays - February, Easter, May, Summer and October (see website for dates).
- 9am-5pm daily.
- Early drop off (from 8am) and late pick-up (until 6pm) available.
- Participants can attend individual days, or the entire week.

Pricing:
£35 per day, per child. Save 10% on a 5-day block and each additional child.

Book now and join the adventure!
www.scoutadventures.org.uk/events

✉ activeadventures@scoutadventures.org.uk
📍 Scout Adventures Youlbury, Boars Hill, Oxford OX1 5HD

Scout Adventures is owned and operated by The Scout Association. Reg Charity number: 326101 (England and Wales). Registered address: The Scout Association, Gilwell Park, Chingford, London E4 7DF

LOCAL EVENTS AND OPPORTUNITIES

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- 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



PARENT WEBINAR



Parents are the most important part of young peoples lives and hold the key to helping them. Let us, help you, to help them.



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/SR/WEBINARS



OXFORDSHIRE PARENT CARERS FORUM
A Voice for Parent Carers in Oxfordshire



WEDNESDAY WEBINAR SERIES

Wednesdays | 12:00-1:30 PM

To register for a webinar visit: <https://oxpcf.org.uk/webinars>

24 September 2025

What to Expect from the CAMHS: NDC (Neurodevelopmental Conditions) Service

22 October 2025

Supporting family member's mental health through compassion

26 November 2025

Emotional Based School Avoidance (EBSA)

17 December 2025

Autistic Burnout

28 January 2026

Demand Avoidance

25 February 2026

Understanding, preventing, and supporting meltdowns

25 March 2026

Support in the community for young adults (post-18)

These sessions, presented in partnership with CAMHS, aim to provide insights, expert guidance, and discussions on key topics related to SEND. To learn more or register for a webinar please visit: oxpcf.org.uk/webinars

Thinking about an APPRENTICESHIP?



We are running

TASTER SESSIONS

Monday

16th Feb
2026

Come along to
Oxford Energy Academy

& find out more about our apprenticeships in

plumbing & heating and electrical

For more information:

Email: apprentices@oea.training Tel: 01993 771155



Oxford Energy Academy

Avenue One, Station Lane, Witney OX28 4XZ

LOCAL EVENTS AND OPPORTUNITIES

online talk by Jane Keyworth

Supporting a Child with ADHD

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

3rd February 10-11:30am
3rd March 7-8:30pm



Book online
facefamilyadvice.co.uk
£24 or Free with a school membership code



FEBRUARY 2026 Timetable

All sessions delivered live online via zoom, 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	2 Feb 10am
Improving Family Communication	2 Feb 7pm
Supporting A Child with ADHD	3 Feb 10am
Understanding Addictive Behaviour	3 Feb 7pm
Anxiety Based School Avoidance	9 Feb 10am
Anxiety Explained	16 Feb 10am
Cannabis and Ketamine Awareness	16 Feb 7pm
What is ACT?	17 Feb 10am
Introduction to OCD	17 Feb 7pm
FREE - Reducing the Harm from Screens	19 Feb 7-8pm
Understanding the Teenage Brain	23 Feb 10am
Raising Self-Esteem	23 Feb 7pm
Decreasing Depression	24 Feb 10am
Supporting Healthy Sleep	24 Feb 7pm
Understanding Anger	9 Mar 7pm
Facing Defiance	10 Mar 7pm

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

LIMITED SPACES
BOOK BY 6TH FEB

FEB HALF TERM 2026

Coding & Robots, Creativity & Inventions, LEGO Engineering, Minecraft Madness, Tech Fun

Movie Making | Video Game Design | Robot Coding | STEM Experiments | Engineering

16TH - 20TH FEBRUARY - LIMITED SPACES

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www.nextthing.education

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W: WWW.NEXTTHING.EDUCATION
E: INFO@NEXTTHING.EDUCATION T: 01442 873150