

Weekly Newsletter

Friday 6th February 2026 | Issue 18

Dear Families

This week our Monday assembly focused on the Beatitudes, some of the most powerful and challenging teachings from Jesus' Sermon on the Mount. Together we reflected on what it means to live a life shaped by humility, compassion and courage; to be *blessed* not through status or success, but through mercy, kindness, justice and peace. The Beatitudes invite us to see the world differently: to recognise that strength is often found in gentleness, that hope grows in perseverance, and that true happiness is rooted in how we treat one another.

Alongside this, it has been **Children's Mental Health Week**, and our year assemblies have focused on noticing and caring for our own mental health. We spoke with students about recognising how they feel, understanding that everyone experiences challenges, and knowing where support can be found. At Greyfriars, we believe that well-being is part of flourishing and that looking after ourselves and one another is an essential expression of the Greyfriars Way.

Across the school and the city, it has been a wonderfully busy and inspiring week of participation and opportunity. Our Year 11 students visited the Ashmolean Museum, deepening their understanding and finding inspiration beyond the classroom. Our Catholic Life Ambassadors have continued their work across Oxford, developing a local improvement strategy, more to follow soon, but I was delighted to see them working so thoughtfully during the time at Blackfriars this week.

I am also immensely proud of our Sixth Form debating team, who represented us at a recent competition and were one of the only state schools present. Their confidence, preparation and courage to stand and speak exemplify the ambition and integrity we value so highly.

It fills me with pride to see how our students participate in so many ways, within school and across the wider city, building relationships, representing our values and growing in confidence. (You will see a lovely photo here of me with some of our fantastic volunteers supporting Sixth Form PCE; thank you to all the student helpers across the school for their generosity of spirit.)



As we begin to notice the first signs of spring, there is a real sense of hope and renewal around us. I know I am ready for some warmer weather!

I wish you all a peaceful and blessed weekend.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel - Matthew 5 : 1 - 12



1 Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, 2 and he began to teach them The Beatitudes. He said:
3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
4 Blessed are those who mourn, for they will be comforted.
5 Blessed are the meek, for they will inherit the earth.
6 Blessed are those who hunger and thirst for righteousness, for they will be filled.

7 Blessed are the merciful, for they will be shown mercy.

8 Blessed are the pure in heart, for they will see God.

9 Blessed are the peacemakers, for they will be called children of God.

10 Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

11 Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. 12 Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Reflection

Matthew 5:1-12, known as the Beatitudes and the beginning of the Sermon on the Mount, features Jesus teaching his disciples from a mountain. He describes the characteristics of blessedness in the kingdom of heaven, blessing the poor in spirit, those who mourn, the meek, the merciful, the pure in heart, peacemakers, and the persecuted. The Beatitudes challenge conventional wisdom by blessing the vulnerable and oppressed, affirming that God's kingdom works within their struggle for justice. The passage highlights that true blessing is found in dependence on God and aligning one's character with His, rather than chasing worldly success or comfort.

Prayer for Racial Justice

Father, you created each one of us in your own image.

Yet yours is a world made glorious by its rich diversity. This we sometimes misunderstand, sometimes fear. Give us the patience to build on what unites us, to celebrate our differences and to learn from them. Grant us the wisdom to recognise your Church, beyond the walls of a building, reaching out across all communities, countries and cultures. Give us the courage to offer refuge to those in need, to challenge prejudice and seek justice for all. Help us see that you created us in your image.

Neighbour or stranger, always our brother or sister. Amen.

To view the St Edmund and St Frideswide (Greyfriars) parish website please click on the following link:

<https://www.greyfriarsoxford.uk/>

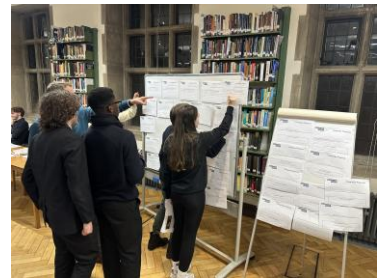
GENERAL NOTICES

Catholic Life | Mr Greer

On Tuesday, a team of Catholic Life Ambassadors travelled to Blackfriars Hall at Oxford University to participate in Citizens UK's Listening Campaign Results. The event was a gathering of local institutions across Oxford who, like our school, have spent the past few weeks listening to the needs and concerns of its members. Our student leaders shared testimonies from their own experiences, brainstormed on what issues mattered most, and passed the official resolutions with the rest of the alliance.

We are pleased to announce our partnership on work to: 1) Campaign for better traffic solutions in Oxford and 2) Campaign for a safer bus stop for Asylum Seekers as they travel to City Centre for work.

This event is an exercise in Subsidiarity, and I am immensely proud of the work that the whole school community has contributed into raising their voices. It is also notable that Constantine co-chaired the meeting with me at Blackfriars, giving the student voice a priority at the leadership table. We are eager to lead the city towards change as a school.



Assistant Site Manager Vacancy

We are looking to appoint a reliable, self-motivated person to support the Head Caretaker at Greyfriars Catholic School.

The successful candidate would, ideally have previous experience in a school environment. They must have the ability to display a conscientious and logical approach to the variety of tasks necessary for the smooth running of the school. The role will involve the unlocking and locking of the school as well as ad-hoc maintenance and repairs.

For more information and to make an application, please go to [mynewterm](https://mynewterm.com)

GENERAL NOTICES

GCSE Art Year 11 Ashmolean Trip | Mrs Byrne

Last Friday our Year 11 GCSE Art pupils had an inspiring visit to the Ashmolean Museum. They explored an exciting range of artworks and artefacts, carrying out research and producing impressive observational drawings. The trip sparked fresh creativity and has given them strong momentum as they begin developing ideas for their GCSE Exam project titled FOUND worth 40% of their Art GCSE.



Year 8 Art | Mrs Byrne

This lovely sample of artwork from our Year 8 pupils highlights their developing skills in drawing ceramic vessels by the ceramist Kate Malone. Pupils have explored colour blending and techniques to create the illusion of form. This has inspired them to design and now they are currently making their own ceramic clay pots – see the next page.



GENERAL NOTICES

Year 8 Art | Mrs Byrne

Here is a small selection of ceramic pots which the year 8 pupils are busy making.



I look forward sharing them with you when they are finished.

Message for KS4 | Mr Weedon

As we approach the end of term, we would like to take a moment to celebrate the fantastic effort and commitment we are seeing across both year groups.

Year 10

Students have been working extremely hard throughout the recent in-class PPE season. It has been wonderful to see students receive their results and recognise that their dedication and perseverance are paying off. The resilience and focus they have shown during this demanding period should be something they feel very proud of. We are also looking forward to the exciting trips planned for Year 10. These opportunities will be a great chance for students to learn beyond the classroom, and we cannot wait to see the photographs and hear all about their experiences when we return next term.

Year 11

continues to impress us with their determination and maturity. Walking around lessons, it is clear how focused students are, with many actively thinking about their next steps beyond school. The goal-setting work taking place during tutor time is having a really positive impact, helping to motivate students and encouraging them to take ownership of their progress as they move closer to their exams and future plans.

Registration form	Points
10SA	248
10MJ	233
10JOD	206
10CT	217

*Well done
and keep up
the good
work!*

Registration form	Points
11JS	104
11RHO	81
11JM	75

Thank you, as always, for your continued support. We are incredibly proud of the hard work shown by both year groups and look forward to building on this momentum next term.

GENERAL NOTICES

Sixth Form News | Ms McCabe

Oxford Schools Debating Competition

Wednesday saw the opening of Oxford Schools Debating 2026. A group of 9 Sixth Formers, myself, Dr Kay and Mr Shaw went to Oxford High School to take part for the first time and compete against 60 teams from schools around the region.

The student's had fierce competition and were up against many students who had been doing Parliamentary style debating for years. But, their tenacity and quick thinking shone out in each round. The first debate argued that the media should be banned from reporting on the lives of politicians. With only 15 minutes to prepare, a frantic scramble to decide who should speak in which role, and no access to digital sources, the students did an excellent job in holding their nerve. The second debate argued that the law should carry the same punishment for both attempted and completed crimes. Again, students had just 15 minutes to prepare, and in their different groups, offered responses based on economic, moral and practical reasons.

Even though we did not get through to the final, it was a brilliant experience and the team are already planning their strategy for next year! A huge well done to everyone.

We were so proud of you all!

Children's Mental Health Week

This week, students had an assembly on Children's Mental Health Week which runs from the 9th-15th February. The theme for this year is 'This is my place'. We reflected on belonging and how important it is to feel accepted, included and safe. Next week, we hope to see this in action as our Sixth Form Leaders support and promote Mental Health Week in our student hub.



Y10 Hospitality & Catering | Mrs Awanyo

Cooking Up Confidence: Students Master the Art of Quiche!

Precision Knife Skills: Chopping ingredients with care and safety.

The Art of Blind Baking: Learning to pre-bake crusts to golden perfection to avoid the dreaded "soggy bottom"



The result was a Creamy, savory quiches that smelled absolutely incredible. It was wonderful to see such creativity, teamwork, and passion in the kitchen. Bravo to our budding chefs!

GENERAL NOTICES

Library News | Miss Brett

Hello everyone! After a grey week like this, I hope you all have some bibliotherapy arranged for the weekend 😊.

We have some exciting things to announce. First of all, it's Children's Mental Health Week and I hope you are all being kind to yourselves and each other (and that you continue to be so next week, and the next, and the next...). Alongside the displays I shared with you last week, we also have: HUG A BEAR, OR AN ELEPHANT... in the library this week.

If you're feeling low, need a fuzzy or velvety hug, or simply want to make me smile – come and hug one of our plush friends.



Look what has finally arrived!

That's right! The World Book Day Tokens are here! We will be giving them out next week, so be sure to claim yours. We are expecting a Caper Bookshop visit during our Literary Festival in March, so you can use your tokens then, or if you simply can't bear to wait that long, pop in to Caper yourself before that – a lovely place to go to during half term.

It's the last week of term next week, and you still have a chance to win one of our loaf kittens. Just choose one of the wrapped books from our Blind Date with a Book display on Wednesday and check what surprise is inside 😊.



We also have lots of different bookmarks to celebrate love (and love of books 😊), so come and help yourself! You can even colour in some of them.



"It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife."

This is one of the most famous opening sentences in classic literature. Do you know which of Jane Austen's novels starts with it?

Have a lovely weekend!

Finally, the Reading Championship Leader Board! Remember, we are looking at how many students have borrowed books from the library this term.

TERM 1 WEEK 4				
	Reading Champ		Tutor Reading Championship	
1	SU	37	8TTO	82%
2	PL	27	8BMO	81%
3	AJ	21	7KR	78%
4	SS	10	7BN	74%
5	AA	6	7ALW	71%

GENERAL NOTICES

Message for Year 8 and Year 9 | Mrs Reddy

This week, Isayah and Sampson have both excelled in Science, providing thorough explanations on the impact of photosynthesis and respiration on our climate. Keep up the good work!

I am so proud of our year groups who have been working so hard at having their correct uniform. I thank all our parents for their support in creating a sense of belonging that we continue to strive for.

I am also very proud of all the students adjacent who are still at the top. I now have a fair chance of reaching the top 10 next week

Students leading the way

Year 8	Year 9
Anne-Marie	Blossom
Alda	Ayesha
Abdullah	Saha
Ganuli	Holy-Karen
Chloe	George
Miu Miu	Feranmi
Esther O	Morizo
Emilly R	Ekam
Emily V	Damir
Zabrina	Julia

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.

Weekly Book Review by Lian

This book is honestly a rather adorable thing to read overall.

There's a certain charm towards the novel as well as the premise being such a curious situation itself with the main character having to deal with attention (stemming from pity but later something a little less socially commendable) from her peers while also dealing with the attention of her more famous persona as a rather popular gamer.

I also find the vibrancy of the story refreshing due to both its humour but also the tone, situations are held throughout the book.

Even though this isn't something I usually read I really did think it was enjoyable and rather excitable at times!



GENERAL NOTICES

Message for Year 7 | Mr Cunningham

In our assembly this week, Ms McCabe spoke to Year 7 about belonging and well-being, following our term's focus on Subsidiarity, using our voices for good and creating a supportive and welcoming environment for those in our community. Our Year 7 girls have shown off the school in our community at Oxford Quinns rugby, and if you would like to get involved in this please do contact Miss Kenneford or me!

Adding to the exciting opportunities coming up, Miss Parish will be running a French trip from the 2nd to the 4th of December! Feel free to contact Miss Parish or me if you have any questions!

7GKE	421
7ALW	303
7BN	296
7KR	102
All	1,122

Our achievement point leaders this week are 7GKE, led by Kairo who has received 44 achievement points! Congratulations to the rest of the top 15 with over 20 achievement points each.

Kairo	44
Jude	34
Abi	29
Asiya	27
Iliam	27
Isma	25
Sahar	25



Oreoluwa	24
Rugeisa	23
Marvelous	22
Shashwat	22
Robert	22
Ishyne	21
Esme	21



Kenya 2026 | Trip Update

Visas Approved!

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



French Christmas Markets Trip – Amiens

We are delighted to offer students the opportunity to visit the **French Christmas Markets in Amiens**, one of the largest and most festive Christmas markets in France.

Open to current Yr 7–10

2nd–4th December

Key Information:

- ◆ **Destination:** Amiens, France
- ◆ **Dates:** 2nd–4th December
- ◆ **Booking:** Via ParentPay
- ◆ **Deadline to secure a place:** 31st January

Places are limited – Book now to secure your spot!

For more details, contact l.parish@gfcs.uk

Deadline Extended – French Christmas Markets Trip 2026

Great news!

The deadline has been extended for our French Christmas Markets Trip.

Dates: 2nd–4th December 2026

Open to: Current Years 7–10

Cost: £325

Deposit deadline:

7th February

(£50 deposit required to secure a place)

Students will experience the festive atmosphere of traditional French Christmas markets while developing their cultural awareness and language skills.

Places are limited, so early payment is advised to avoid disappointment.

For more information, please contact l.parish@gfcs.uk

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

- 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
- 17 Feb – 02 Mar | Kenya trip
- 24 February | Lent Reconciliation
- 25 February | Duke of Edinburgh Training Day
- 02 – 06 March | Year 12 Work Experience Week

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.



You Tube

LOCAL EVENTS AND OPPORTUNITIES

ULTIMATE ACTIVITY CAMPS

GET SET FOR ULTIMATE EASTER & SUMMER HOLIDAY FUN!

Outstanding holiday day camps with over 40 activities every week

For ages 4 to 14

Mon - Fri 8am - 6pm

EARLY BOOKING OFFER NOW ON!

At Headington Rye Oxford in Oxford

Ultimate savings when you book early!

ULTIMATE SURVIVAL

GO WILD FOR A WHILE!

Fun and adventurous outdoor summer day camps, fully-immersed in the natural environment

For ages 7 to 14

Mon - Fri 8am - 6pm

EARLY BOOKING OFFER NOW ON!

Hill End Outdoor Education Centre, Farmoor nr Oxford

Ultimate savings when you book early!

YouthLab The North Wall Arts Centre

DANCE MASTERCLASS
with Company Chameleon

Wednesday 18 - Friday 20 February 10am - 4pm

Don't miss this fantastic opportunity to create, and perform alongside one of the UK's leading contemporary dance companies this February half term!

Participants will explore Chameleon's distinctive movement style and collaborate with professional company dancers to devise an original piece of choreography.

Participants will present their work at Pegasus Theatre on Friday 6 March as part of Dancin' Oxford's 20th Anniversary Spring Festival, as an opener for Company Chameleon's *Obscura* - a powerful and original double-bill, exploring the shadows of self and society.

For ages 12-17

Tickets £100

Full bursaries available www.thenorthwall.com

Scan to find out more



Rugby Club



Great work so far, everyone, in our Rugby Club. We have been very impressed by your enthusiasm and ability to pick up new skills so quickly - and we're only in week 3!

As a reminder, we have worked on the fundamentals of rugby play:

- Run forwards, pass backwards
- Shoot the ball from the hip like a rocket
- Evasion - Stepping and swerving
- Chicken scratch on touch
- Retreating in defence

We'll continue to build on these skills in the coming weeks.

We plan to enter teams into the England Touch Schools Championship in the Summer Term - so something very exciting to work towards. Take a look at this video for some more details about the Touch game.



If you are interested in doing a bit more rugby, then please consider coming along to Oxford Quins RFC. We train at the Horspath Sports Ground, DM 28R on a Wednesday evening at 6-7pm or 7-8pm (depending on age group). And we play fixtures on a Sunday. It was a proud week for us at Quins, as Grey Fislau was picked for England's Six Nations squad. Look out for him on TV in the coming weeks.



Bring your Boots!

Running on grass is so much easier if you are wearing studs. If you have them, please remember to bring your rugby or football boots along.

If you don't have any boots but would like some, please speak with Miss Kenneford.

We look forward to seeing you on Wednesday!
From Laura and the Quins coaching team.

Discover Bucks Museum
Church Street
Aylesbury HP20 2QP
01296 33441 | discoverbucksmuseum.org

February Half Term
14 - 22 February 2026

This February half term, dive into hands-on fun with Sand Art, Dragon Puppets for Chinese New Year, Superhero Capes and Masks, plus dazzling Rainbow Science. Make a day of it and explore the Roald Dahl Children's Gallery, discover the I Grew Up 90's exhibition, family trail and sensory room for a week packed with imagination and discovery.

For more event details, charges and to book please scan the QR code or visit discoverbucksmuseum.org

Monday 16 February - Dragon Puppets
Celebrate the Year of the Horse by making a Chinese dragon puppet and a paper lantern to take home!
10am - 2.30pm, drop in. Suitable for ages 5-10

Tuesday 17 February - Superhero Capes & Masks
Transform into a superhero by decorating your own superhero cape and mask to take home!
10am - 2.30pm, drop in. Suitable for ages 5-10

Wednesday 18 February - Sand Art
Learn how to make beautiful sand art in a bottle to take home!
10am - 3pm, drop in. Suitable for ages 5-11

Thursday 19 & Friday 20 February - Rainbow Science
Learn all about the science of colour with our rainbow-themed workshop: make a rainbow in a jar to take home, experiment with how we can split light and how rain clouds are formed and more!
60 minute workshop. 10.30am, 12.15pm & 2.15pm
Suitable for ages 5-10

Sunday 22 February - Author Event - Simon Smith Schoolboy Spy with Mark Cressy
Join us for a special event with new author Mark Cressy, who will be reading from his exciting children's book. Enjoy interactive crafts inspired by the story, followed by a book signing.
12.30pm - 1.30pm. Suitable for ages 7-11

I Grew Up 90s - last chance to see!
I Grew Up 90s' dives into the decade seen through the eyes of youth, showcasing over 200 nostalgic objects and artworks from collector Matt Fox. From Britpop and Cool Britannia to Lara Croft, the Spice Girls, Train-spotting, and Power Rangers - this is your LAST chance to revisit the fashion, toys and music that defined the '90s.

Closes Sunday 22 February

Play, Discover, Learn!
this Feb Half Term in the Roald Dahl Children's Gallery

For more event details, charges and to book please scan the QR code or visit discoverbucksmuseum.org

Enjoy our Trail and Sensory Room every day 14 - 22 Feb

Book Now!

Feb Half Term

Discover Bucks Museum
Aylesbury HP20 2QP
01296 33441 | discoverbucksmuseum.org

ARTS COUNCIL ENGLAND

LOCAL EVENTS AND OPPORTUNITIES



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 0770918532
KYLIE@OXFORDHUB.ORG

Community step, dance & VIBE.






JOIN US FOR A DANCE AND STEP CLASS!
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FRIDAY 20 FEBRUARY & FRIDAY 6 MARCH

ITS COMPLETELY FREE!

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 madgroupuk.org@gmail.com

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



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、米粉/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

售票地點 Tickets can be purchased at:

- The Meeting Room, St Clement's Family Centre, Cross Street, Oxford OX4 1DA
- 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) £20 Meal Voucher* (14 prizes)

「慈善獎券, 買過十張, 喜慶, 喜慶, 支持中心, 扶弱濟貧, 造福人聲」
贈送禮券買過新年慈善獎券, 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

LOCAL EVENTS AND OPPORTUNITIES



Cokethorpe SCHOOL

FUTURES

← CAREERS →

← UNIVERSITY →

← APPRENTICESHIPS →

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



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.

WHO ARE WE?




NADIA ABDEL-HALIM
TRAINED CLINICAL PSYCHOLOGIST




DR. EMMA KINNARD
CLINICAL PSYCHOLOGIST



DR. NEHA MUNDRA-WALIA
TRAINED CLINICAL PSYCHOLOGIST



SCAN HERE!



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

TECH CAMP

FEBRUARY CAMPS 2026

Dragon School, OX2 6SS

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

CHILDCARE VOUCHERS
TAX-FREE
CHILDREN

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

SCAN ME

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

CHILDCARE VOUCHERS AND TAX FREE CHILDCARE ACCEPTED

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

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

PARENT POWER

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:
£85 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. Scout Quality number 30200 (England) and 30201 (Wales). Registered address: The Scout Association, Gilwell Park, Chingford, London, England EA 9 7SL.

East Oxford Parent Power

Free Year 10 Metacognition Programme at Oxford Brookes University!

East Oxford Parent Power is launching an exciting new programme for the first time in collaboration with Oxford Brookes University!

This will be a 4-week programme of 1 hour per week taking place on Saturday mornings at Oxford Brookes University. The programme is for Year 10 students and is completely free, including refreshments.

The programme is designed to help students develop effective study habits and build confidence in their learning, introducing the concept of metacognition. Students explore practical study strategies and reflect on individual strengths and challenges. They'll also be guided through setting SMART goals - turning intentions into actionable plans.

By the end of the programme, students will develop understanding of how self-awareness, strategic learning, and clear goal setting can help them study smarter and achieve success.

Benefits of taking part:

- Accessing university spaces, sessions taking place at Oxford Brookes University
- Meeting current students at Oxford Brookes University throughout the programme
- Sessions on metacognition are proven to develop self-confidence and independence, improved outcomes, boosting academic attainment and skills can be transferred across subjects!

Click here or scan the QR code to secure a free place for your young person. Places will be first come, first serve.

For more information contact: Iram Woolley, East Oxford Community Organiser
07755 224022 or parentpoweroxfordshire@thebrilliantclub.org

PARENT POWER

OXFORD BROOKES UNIVERSITY

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:

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- 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



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

CAMHS
Child and Adolescent Mental Health Service

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 FREE talk by Jane Keyworth

Anxiety Based School Avoidance

March 26th 7-8pm



Book online

www.facefamilyadvice.co.uk

go to PARENTS - Live Talks page

All 16 parent talks **FREE** with our School Membership



FACE 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

Abingdon & Witney College

Oxfordshire Adult Learning
A FACILITY OF ABINGDON & WITNEY COLLEGE



Free Workshops for Parents at Oxford Hub



Oxford Hub at Windale School
Windale Ave, Oxford OX4 6JD

Date and Time	Suitable for	Workshop
Wednesday 25/2/26 13:00 - 14:30	Parents/Carers of primary school age children	Emotional Regulation Understand what is meant by emotional regulation and introduce Zones of Regulation as a tool to support your child.
Wednesday 4/3/26 13:00 - 14:30	Parents/Carers of primary school age children	Developing Resilience Understand what resilience is and what factors influence a child's ability to be resilient and develop tools to support your child to develop resilience.
Wednesday 11/3/26 13:00 - 14:30	Parents/Carers of primary school age children	Managing Meltdowns Effectively Find out about the connection between the senses and meltdowns and developing strategies to support your child with meltdowns.
Wednesday 18/3/26 13:00 - 14:30	Parents/Carers of nursery age children	Developing Communication With Your Child Understanding benchmarks and strategies to support the development of Speech, Language and Communication at home.
Wednesday 25/3/26 13:00 - 14:30	Parents/Carers of nursery age children	Early Maths for Parents Gain understanding of the areas of maths that are taught in Reception and learn strategies and activities to support your child's enjoyment and learning of maths.

To enroll, contact Penelope Lea (Family Learning Tutor)

penelope.lea@abingdon-witney.ac.uk

These sessions are fully funded so are free to families living in Oxfordshire (Ts and Cs apply).