

Weekly Newsletter

Friday 13th February 2026 | Issue 19

Dear Families

As we reach the end of this term, our Gospel reflection has reminded us that we are called to be the salt of the earth and to let our light shine. These are words we return to often at Greyfriars, because they capture so beautifully what it means to live the Greyfriars Way: to recognise the gifts we have been given and to use them generously for the good of others. Light is not meant to be hidden: it is meant to guide, encourage and bring hope.

Today we gathered for Mass in a chapel filled to the brim; a powerful reminder of the strength and unity of our community. Moments like these allow us to pause, give thanks, and remember who we are and what we stand for together.

This week we have also held our House assemblies, focusing on student leadership and the principle of subsidiarity. Our House Leaders, who are themselves student leaders, issued a real call to action, encouraging their houses to step forward, participate, and work together for the continued improvement of our school. It was inspiring to see students speaking with confidence and purpose, reminding us that leadership is about service and shared responsibility.

School life continues to be wonderfully busy. Alongside lessons, we have seen students completing final coursework as we approach exam season, making final preparations for our upcoming Kenya trip, and taking part in enrichment opportunities including the Made in Oxford visit with our Business students and our ongoing work with IntoUniversity.

We are also incredibly proud of the group currently visiting the Battlefields in Belgium, who have represented Greyfriars with great respect and reverence. A special well done for the dedication shown by students and staff alike, including that very early 4am departure on the coach!

As we move into the coming week, many in our community will mark Ash Wednesday and the beginning of Lent; a time of reflection, renewal and preparation. Lent invites us to pause, to simplify, and to think about how we can grow closer to God and to one another through prayer, generosity and acts of kindness. Whether or not you observe Lent formally, it offers us all an opportunity to begin again with intention and hope.

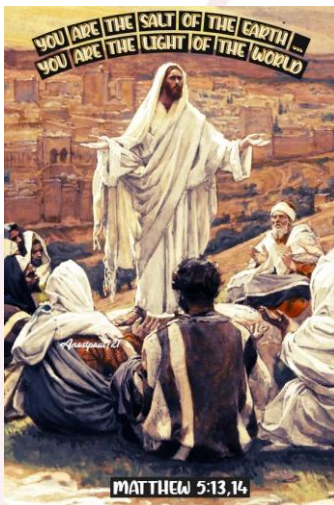


I wish our whole community a restful and joy-filled holiday, with time to recharge and spend together and, for our Year 11 and Year 13 students, perhaps a little focused revision as PPEs approach! Spring is nearly here, and with it comes a renewed sense of possibility.

With very best wishes
Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel - Matthew 5 : 13 - 16



Salt and Light

13 "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. 14 "You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Reflection

In Matthew 5:13-16, Jesus calls his followers to be "salt of the earth" and "light of the world," urging them to positively influence the world through good works that glorify God. Salt preserves and adds flavour, while light dispels darkness, representing a distinct, visible, and purposeful lifestyle.

Prayer to St. Josephine Bakhita

St. Josephine Bakhita, you were sold into slavery as a child and endured untold hardship and suffering.

Once liberated from your physical enslavement, you found true redemption in your encounter with Christ and his Church.

O St. Bakhita, assist all those who are trapped in a state of slavery; Intercede with God on their behalf so that they will be released from their chains of captivity. Those whom man enslaves, let God set free. Provide comfort to survivors of slavery and let them look to you as an example of hope and faith.

Help all survivors find healing from their wounds.

We ask for your prayers and intercessions for those enslaved among us.

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

Today, we welcomed priests into our school to deliver a Lenten Mass. Although Lent begins on Wednesday, we felt that it was important to "start" the season here at Greyfriars. The 40 days of Lent (taking us to Easter) is a time of increased 1) Prayer 2) Fasting and 3) Alms Giving.

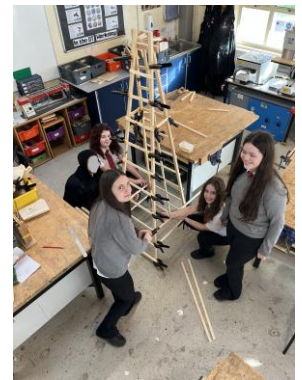
We hope that you can pray deeply this next week as Ash Wednesday begins, and we look forward to entering Lent as a school when we return.



Year 8 Gardening Enrichment | Ms Tokaji

During the gardening enrichment on Wednesday afternoons, five members of 8TTO have been working on a 3D Trellis to go in the Design and Technology garden. Here they are working hard ensuring the trellis holds its structure. The plan is to plant climbing roses around it to make a colourful centrepiece for the garden.

The garden is hopefully going to be restored to its former glory in time for the summer.



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.org)

GENERAL NOTICES

Battlefields, Belgium Trip Update | Miss Nash

On the first day of the Belgium trip, students visited the battlefields of the First World War for a moving and memorable day of learning and remembrance.

At the iconic Tyne Cot Cemetery, students took part in an act of collective worship led by Mr Dunne and they listened to Mr Derrick read powerful war poetry, including *In Flanders Fields* and *Dulce et Decorum Est*. They spent time exploring the cemetery, learning about those who served and fell for our country and freedom, before visiting Essex Farm Cemetery and the vast site of Beaumont-Hamel and the Thiepval Memorial.



The day concluded with a tour of the tunnels and memorials before ending at the iconic Vimy Memorial, where students reflected quietly as the sun set. It was a powerful experience that brought history to life and ensured that the sacrifice of those who fought in the First World War will not be forgotten.

School Lunch Accounts

Please remember to regularly check your child has enough funds in their ParentPay lunch accounts and if this is running low please top up.

Students will be unable to purchase food in the restaurant if they do not have enough funds in their account.

Please note that we are a cashless school and cannot accept cash for lunch payments.

If you are having trouble accessing your ParentPay account, please contact the school.

GENERAL NOTICES

Message for KS4 | Mr Weedon

As we come to the end of this half term, I want to say well done to all of you for your hard work and commitment. You have earned a well-deserved break – make sure you take the time to rest, recharge, and look after yourselves.

Year 11: Your February mock exams are coming up straight after the break. Use some of your time wisely to revise and prepare so you can approach the mocks with confidence. Small, focused revision sessions will make a big difference.

Year 10: A reminder that your Parents' Evening will take place on **5th March**. This is an important opportunity to reflect on your progress and discuss your next steps.

Whatever your plans over the break, please stay safe and make good choices. I look forward to seeing you all back, refreshed and ready for the next half term.

Registration form	Points
10MJ	164
10JOD	120
10CT	107
10SA	105

Well done and keep up the good work!

Registration form	Points
11JM	52
11JS	44
11RHO	34

Sparx Maths **WEEK 19**

Total hours spent on Sparx this year
6,976hrs

Number of questions answered correctly
518,558

XP Champions THIS YEAR | 13/02/26

Name	Year	Total XP
Miu Miu M	8	34,451
Nita C	11	27,953
Seerat S	7	27,640
Aseda K	7	27,329
Samayrah K	10	26,212
Rayan P	7	24,800
Emmabong B	7	24,456
Sharon S	11	24,003
Noah S A	7	23,570
Aman A	9	23,244

XP Champions for LAST WEEK

Name	Year	XP POINTS
Kanchan L	12	1,081
Hajera S	12	1,081
Arnav A	11	1,675
Mahdi I	11	1,545
Samaryah K	10	2,240
Finlay H	10	1,909
Fina K	9	3,071
Deven S	9	2,288
Kenedy Q	8	2,688
Seerat S	7	3,175
Noah S A	7	2,245

Year 10 Business Made in Oxford Launch | Mrs Longley-Williams

Year 10 Business students had an exciting opportunity yesterday as they attended the launch event for the Made in Oxford competition, in The Westgate.

The visit allowed students to experience real-world enterprise and innovation in action while preparing for their upcoming finals in March.

GENERAL NOTICES

Sixth form News | Ms McCabe

It is hard to believe it is the end of Term 3 already! Our End of Term Update letter was sent home this morning. Please look out for this. It contains lots of useful information about what is coming up in Term 4.

A reminder that the Y13 PPEs start on Monday 23rd February and Y12 Work Experience starts on Monday 2nd March. After this, students are expected back in school every day from 8:45am.

Attendance next term is more important than ever. Following the PPE exams, Y13 students need to be in lessons to hear crucial messages about improving their exam responses and have opportunities to address final misconceptions before the run up to exams. Y12 will be looking towards their end of Y12 exams in June. It is from these exams that UCAS predictions are made, so every lesson counts to help students achieve the grades they want.

Well done to all of our Stars of Sixth Form. We have students who go above and beyond every day, whether this is in terms of their attendance, their leadership contribution, their engagement in lessons and the kindness and care they show each other. There are too many to mention here which can only be a good thing. We also have a number of students across Y12 and Y13 who have made significant efforts in the last couple of weeks to adopt more positive routines and habits so that they can be successful. This has not gone unnoticed!

I, personally, am looking forward to getting Term 4 underway. Term 4 means we are heading closer to our Sixth Form Easter Egg Hunt. Last year, the winners were a group of Y13 students with a Y12 group coming second. I know how competitive our current Y13 are so this will be a tough contest with everything to play for!

Year 11 LTN Geography Field Work | Miss Watkin

This week myself and Mr Roman went with the year 11 Geography students to visit the East Oxford LTNs. Here they investigated the impact the LTNs have had on traffic and pollution as part of their GCSE Geography human fieldwork. They collected primary data from traffic surveys, environmental surveys, air quality tests and noise decibel readings. On route we stopped at the goldfish bowl shop on Magdalen road. They have been open there for almost 65 years and the owner sadly told us about the devastating impact the LTNs are having on his business.

He very kindly showed the students around his shop to look at all the incredible sea creatures they have. A well worth visit during half term!



GENERAL NOTICES

Year 8 vs Cokethorpe – Match Report | Mr Weedon

Year 8 faced Cokethorpe in what turned out to be one of the most memorable games of the season. Despite the final score reading 5–0 to Cokethorpe, the result tells only a small part of the story.

As the team arrived, the heavens opened and the pitch quickly became soaked, with standing water forming across the field. The conditions were far from ideal, but this did not discourage our girls for a second. From the first whistle to the last, they showed determination, resilience and tremendous team spirit.

Every player threw themselves wholeheartedly into the match, battling through the rain and mud, driving forward at every opportunity in search of a goal. Their commitment was clear for all to see, with fearless challenges and relentless energy across the pitch.

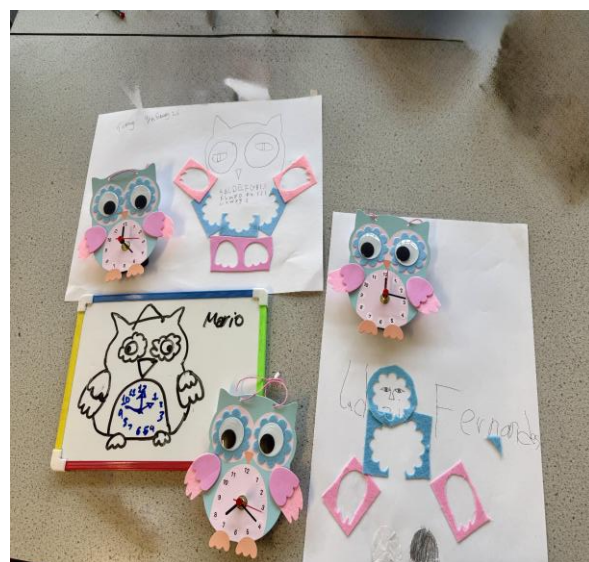
Sky and Emily each took a half in goal and were both outstanding. They faced wave after wave of attacks, yet stood firm, pulling off save after save in incredibly difficult conditions. Their bravery and sharp reactions kept the score line from climbing even higher, and they were rightly congratulated at the end of the match for their superb efforts.

While the score may not have gone our way, the true highlight came at the final whistle. In a wonderful display of sportsmanship and camaraderie, both teams came together in the middle of the pitch and began knee-sliding through the mud, laughing and celebrating the sheer joy of the game. It was a fantastic moment that captured what school sport is all about — friendship, teamwork and fun.

It was a muddy, rain-soaked afternoon that I will remember for a long time. The resilience, positivity and spirit shown by our Year 8 girls made it an amazing game in every sense.

The Beacon | Mrs Swanton

This week, Ludozio, Mario and Tommy owl clocks during their time in The Beacon – they are great!



Well done!

GENERAL NOTICES

Library News | Miss Brett



We have made it, and what a term it's been!

Blind Date with a Book was a great success! It helped many students come out of their reading comfort zone and try exciting new stories (and win some little gifts along the way).

Similarly, our cuddly friends received many hugs from students, so they will be staying with us for a while longer.



If you haven't collected your Book Token yet, fear not – they will be here after half-term too.

Now, the moment we've all been waiting for...Yes, very soon after half-term we will be celebrating all things reading. To be fair, we always do – we love reading, we promote reading, we cannot stop talking about the benefits of reading 😊.

However, the festival gives us the opportunity to celebrate reading with flair! With plenty of fantastically fun lunch-time activities, and visits from some amazing authors and speakers, it is shaping up to be one to remember.

There will be quizzes, there will be competitions, there will be workshops, there will be new books, so be ready to have lots, and lots of fun!

In the meantime, can you name at least two characters from *Pride and Prejudice*? Come and tell me in the library.

Lastly, the final update on our reading leader board this term! Well done, everyone!

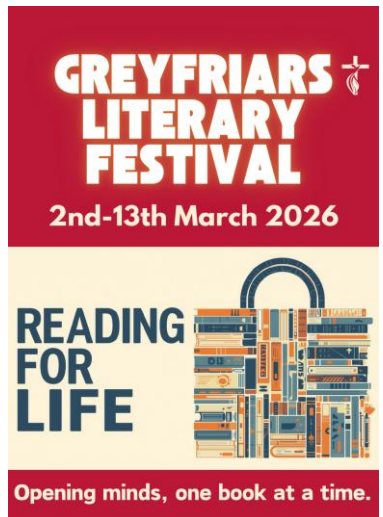
TERM 1 WEEK 4				
	Reading Champ		Tutor Cp Reading Championship	
1	SU	45	8TTO	89%
2	PL	28	8BMO	86%
3	AJ	22	7KR	79%
4	SS	12	7GKE	75%
5	AA, A-ML, LN, IP	7	7BN	74%

And with that, dear readers, we close the covers (for now).

May your half-term be sprinkled with stories, stacked with adventures, and dog-eared with delight. May you wander through wardrobes, sail across starry seas, befriend a dragon or two, and always find your way back home before tea.

Keep turning pages, keep chasing plots, and don't forget – every great holiday deserves at least one great book.

Until our next chapter!



GENERAL NOTICES

Message for Year 8 and Year 9 | Mrs Reddy

It has been a dark, wet term, with lots of illness circulating, but so many of our students have embraced the cold and shown up each day with resilience and positivity. A huge well done to all those who arrived with smiles and cheer bright enough to lift even the gloomiest morning. Thank you to all our parents for your ongoing support.

This week we celebrate team spirit. Despite the result on the scoreboard, our Year 8 girls team showed what really matters most. Their courage, kindness and unwavering support for one another turned a tough match into a powerful lesson in team spirit and friendship. When one player succeeded, the whole team celebrated; when one struggled, everyone encouraged them. That togetherness, supporting, respecting and uplifting each other is something to be truly proud of. Win or lose, you played with pride and grace.

Students leading the way

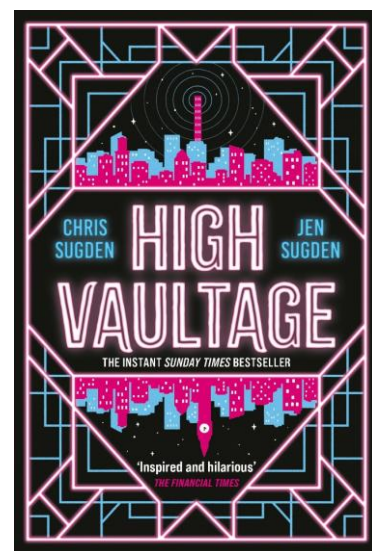
Year 8	Year 9
Jenson	Feranmi
Sabella	Morizo
Max	Sahas
Syed	Alexandra
Akosua	John
Karina	Kevin
Rosmelia	Ayesha
Quan	Darcy
Maria	Julia
Isaac	Yulanda

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

A brilliant, enrapturing novel with impressive world-building and sci-fi themes. As soon as you open the book you're brought into an 'Even Greater London' that you may not be familiar with but so carefully surrounded with that you'll pick up every detail quickly. It has wonderfully well-timed comedy with an immersive amount of drama and action (as well as just the right amount of whimsy!) that you feel as if you're taken in by the whirlwind of characters and progressions. Curiosity practically grabs onto you in this story and it never really lets go, as the novel continues to be thrilling all the way through!

This breaks expectations and is easily enjoyable, even to readers not usually partial towards science-fiction! I found this book to be a marvellously entertaining read, personally I favoured all the mystery and detective elements woven inside!



GENERAL NOTICES

Message for Year 7 | Mr Cunningham

What a fantastic half term we've had! It's been wonderful to see all of you settling in so well and embracing new challenges with enthusiasm and resilience. You've shown great teamwork, kindness, and curiosity in everything you've done, and it's been inspiring to watch your progress.

As we head into the break, take a moment to celebrate your achievements—big and small. Whether it was conquering a tricky subject, making new friends, or simply showing your best manners, you should be proud of yourselves.

My highlight from Year 7 this week was the girls' football yesterday against Cokethorpe school, the visiting coach was full of praise for our girls' sportmanship and enthusiasm, and I was very proud to have them representing our school. It helped that they also won 6-1, with Amelia and Olivia scoring 2 goals each and Keziah and Laura each scoring 1!



Our termly achievement point league is as follows,



For the form groups, leading the way are 7BN with 7GKE not far behind!

7BN	2679
7GKE	2468
7KR	1925
7ALW	1853

Our individual achievement point league looks like this, well done to all these students for getting over 115 this term!

Kairo	152
Aseda	147
Mia	141
Emmabong	139
Jude	138
Abi	133
Robert	131

Isma	122
Bella	121
Leandra	119
Muhammad	119
Shashwat	119
Mya	118
Elena	117

Enjoy your well-deserved rest, have fun, and come back ready for more adventures. We're excited to see all the amazing things you'll accomplish in the next half term!



Kenya 2026 | Trip Update

On the final countdown!

We are off on the trip of a lifetime on Tuesday!
The excitement is tangible.



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

[LINK](#)

GENERAL NOTICES

Stars Pathway Weekly Highlights | Mr Jubin

The Stars Pathway have had yet another fantastic week — full of drama, discovery, creativity, and a few jaw-dropping moments along the way.

In *The Merchant of Venice*, their curiosity about the mysterious gold casket reached its dramatic climax when it was opened to reveal... a skull. Gasps all round! That spine-chilling reveal led to some impressively deep and thoughtful discussions about Elizabethan society, stereotypes, and prejudice — proving that curiosity really does lead to powerful learning (even if it makes you jump a little first!).

Science lessons with Dr Rogers had pupils enthusiastically timing cars and balls with stopwatches, calculating speed and distance like true budding scientists. The excitement was real — and so was the accuracy! It was wonderful to see such focus and teamwork in action.

Creativity was shining brightly this week too. During sewing and embroidery sessions with Ms Swanton, pupils demonstrated patience, resilience, and some genuinely impressive craftsmanship. They also channelled their artistic flair into making beautiful owl clocks — a delightful mix of precision and imagination that had everyone ticking along nicely!

Drama brought confidence and flair as pupils performed dramatic duologues between the Prince of Morocco and Portia, stepping confidently into character and embracing the theatrical tension of the casket scene. Meanwhile, History took a darker turn as pupils explored the reign of King John and his many questionable decisions — safe to say he was not in the running for “Monarch of the Year”!

A truly special highlight of the week was the Stars Pathway’s first visit to the chapel. The quiet reverence, sincere faith, and gentle curiosity shown by the children was deeply moving. Watching them pause, reflect, and engage so naturally in such a sacred space was a humbling and beautiful reminder that even young hearts can carry great faith.

Friday ended on a high with an energetic Kahoot quiz on Act 2 Scene 1 (the infamous casket episode!). Competitive spirits were alive and well — congratulations to Tommy for taking first place, with Katrina as a very close runner-up. A brilliant way to consolidate learning while having lots of fun!

What a week it has been — full of challenge, creativity, reflection, and laughter.

Wishing everyone a very happy and restful half term!

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:

18th 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

 family
action

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

16 – 20 February | Half Term

17 Feb – 02 Mar | Kenya trip

24 February | Lent Reconciliation

25 February | Duke of Edinburgh Training Day

27 February | Year 12 St Clare's Student Conference

02 – 06 March | Year 12 Work Experience Week

02 – 13 March | Greyfriars Literary Festival

03 – 06 March | Pilgrims of Hope Rome Trip

03 March | Year 10 Mock Interviews

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, Trainspotting, 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

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

ARTS COUNCIL ENGLAND

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 0770918532
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! 票額有限, 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
- From 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, 喜慶, 支持中心, 扶弱濟貧, 造福人聲」
請踴躍購買新年慈善獎券, 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

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.

Oxford Hub Community Larder
Every Wednesday 12:05-10:05
Email - Hello@oxfordhub.org
Telephone - 01865 748300
If you have any further enquiries

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 (paste, tins etc) per week plus free fruit and vegetables.

A family membership is twice as much.

We offer hot drinks in our backroom 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 1155702



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 - 16

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,
MOVE 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 KINNAIRD
CLINICAL PSYCHOLOGIST



DR. NEHA MUNDRU-WALIA
GENERAL AND PSYCHOLOGIST



SCAN HERE!



This study has received favourable approval from the University of Oxford Central University Research Ethics Committee (CUREC)
Ethics Reference: MS DREC 019888

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 AND TAX-FREE CHILDCARE ACCEPTED

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

SCAN ME

FEB HALF TERM 2026

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, outdoor 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.
Registered number 302070 (England) and 302070 (Wales). Registered address: The Scout Association, Silver Park, Chiswick, London, England U.K.

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:

- 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



PARENT WEBINAR

NHS Oxford Health NHS Foundation Trust

Parents are the most important part of young people's 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

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

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



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).