

# Weekly Newsletter

Friday 24<sup>th</sup> October 2025 | Issue 7

Dear Families

This week our Gospel reflection was the *Parable of the Persistent Widow*. In it, Jesus speaks about the importance of *persistence in faith and prayer*: about never giving up, even when life feels unfair or the world seems slow to change. The widow represents everyone who is overlooked or unheard, yet who keeps going with determination and hope.

Our students have lived these values beautifully this week. We have had wonderful assemblies led by our Student House Leaders, who have shown courage, confidence and kindness in equal measure. Public speaking is one of the greatest fears for many adults, so to stand up and lead nearly 200 students takes real bravery and persistence. They are the voice of our school and we are excited about the leadership opportunities that lie ahead for them.

Beyond assemblies, it has been a week of inspiration and joy. Our psychology students visited St Hilda's College, Oxford, where they explored the science of anxiety and the brain: a brilliant example of learning beyond the classroom and of curiosity in action.

I am also delighted that we are now one step closer to forming our Greyfriars Rowing Team in collaboration with Falcon Rowing. The enthusiasm and joy from staff and students taking part has been infectious, and I hope many more students will join as we build towards our first regatta (fingers crossed!).

On a personal note, I have found great happiness this term in the classroom. I continue to love teaching; my classes are wonderful. There really is no better place to be than a school. Our students work so hard, ask brilliant questions, and make me laugh every day. It is a privilege to share their journey. What a joy! We have a beautiful school, even in the rain, and I thought I would share a striking rainbow from an otherwise rainy day this week. A visual reminder of love and hope even on a dark day.



As we come to the end of this half term, I hope you are able to rest, spend time together as a family, and take a moment to appreciate how far we have come since September. When we return, we will begin the excitement of our Christmas Term, and with it, one of the highlights of the Greyfriars year: our Christmas Fair!

Thank you, as always, for your support, your kindness, and your partnership. I wish you all a joyful and restorative break.

Lyndsey Caldwell  
Headteacher

## WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

### Gospel - Luke 18: 1-8 | The Parable of the Persistent Widow



<sup>1</sup> Then Jesus told his disciples a parable to show them that they should always pray and not give up. <sup>2</sup> He said: "In a certain town there was a judge who neither feared God nor cared what people thought. <sup>3</sup> And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' <sup>4</sup> "For some time he refused. But finally he said to himself, 'Even though I don't fear God or care what people think, <sup>5</sup> yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!'" <sup>6</sup> And the Lord said, "Listen to what the unjust judge says. <sup>7</sup> And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? <sup>8</sup> I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?"

#### Reflection

This parable encourages believers to pray persistently and not lose heart. It contrasts an unjust judge who eventually grants justice only to be rid of a persistent widow with the idea that a loving and just God will answer the persistent prayers of his faithful followers. The core message is that perseverance in prayer is a sign of faith, and one should continue to pray even when things seem discouraging or when justice is delayed.

Jesus uses the parable to teach his followers the necessity of continuous prayer, regardless of circumstances. The lesson is not that God is reluctant, but if a corrupt judge can be swayed by persistence, a perfectly just God will certainly respond to the persistent prayers of his children. Continually turning to God in prayer, even when it's difficult, is a demonstration of faith and trust in His goodness and timing. The parable encourages believers to maintain their faith and prayer life while they wait for Jesus to return, especially in times of hardship and discouragement.

Prayer in honour of the Feast of St. Frideswide

*God of peace and strength, whose abbess Frideswide built a community of love and learning with the gifts of the Spirit and in the strong peace that comes from you: renew us with healing waters of salvation, increase in us courage and resolve and inspire us, like Frideswide, to teach your truth and bring hope to your world; through Jesus Christ our Lord. 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

A few weeks ago, former student Alex O'Connor visited our Sixth Formers (and a few GCSE students) to talk about philosophy and religion. Alex is a writer and speaker who has garnered a large following online due to his candid abilities to question, interview, and discuss complex ethical questions with people of varying religious and non-religious viewpoints. Our students were very engaged in the talk, and stayed behind for hours after the talk's conclusion just to continue asking him questions.



Behind the scenes of it all, Catholic Life Ambassadors continue to work hard, preparing for the launch of our new prayer boxes when we return in November. Emriela, Daniel, Constantine, and Isabelle were especially helpful in the manual labour required to make these boxes. We also eagerly anticipate the Youlbury trip approaching us in early November. Students will have a phenomenal experience, building leadership skills and growing as a team. There is much ahead! Have a blessed and restful half term in the meantime.

This morning, we hosted our first Prayer for Creation service in our school's Peace Garden. Catholic Life Ambassadors prepared an Examen in the style of St. Ignatius of Loyola, guiding students through a time of reflection on their own involvement in caring for the Earth. We continue daily to be good stewards, and so this time of stillness helped us talk to God about how to be better stewards of His creation, and how we've connected to Him already through that work. It was a wonderful time of prayer as we heard from God and from His word as well (students also shared with us readings from Psalm 8 and Psalm 19). Please continue praying for our Earth!



### Staff Take to the Water at Falcon Rowing Club | Miss Kenneford

On Tuesday, twelve members of staff swapped their desks for oars and headed to Falcon Rowing Club to try their hand at rowing. After hearing so many students speak so highly of their own experiences, we decided it was our turn to give it a go! It turns out that some of us really did take to it like ducks to water—though one or two of us, namely Mr Weedon, found dry land a little more appealing and took on the very important role of chief cheerleader instead.



Laughter, teamwork, and a few splashes later, we all agreed it was a fantastic experience. A big thank you to all the students who encouraged us to step outside our comfort zone and try something new—you were absolutely right, it was well worth it!

## GENERAL NOTICES

### Library News | Miss Brett

# WELCOME to THE LIBRARY

We have successfully launched our first Book Club and Creative Writing Club, both conceptualised and run by students, which makes me feel fantastically proud and happy. Big well done!

I have also had lots of Student Librarian applications, and many Y7s are diving in and learning how to shelf books, make displays, run clubs, and make badges.

As a reminder, please submit poems, so we can open our Poetry Pharmacy...

...and join our Reading Revival movement called: **READING ROCKS**. I have spent many an evening designing so many different badges that will represent everybody's interests. If your reading interest is not represented, come and chat with me – I do love a challenge! 😊

We have made it! Well done, everybody 😊. As the term draws to an end, I would like to share some of the highlights with you.

First of all, we HAVE NAMED THE CAT 😊. There were very many entries, some exceptionally imaginative, some funny, others quite cheeky. I think my personal favourites were: Sir Whiskers McFluffington, Schrödinger, Kitsune, Maneki neko, Genghis Kat, Snowbelle, Sahas Junior (named after the creator), Clive and, (of course) Susan.



However, in the end we decided to draw the name at random to give everybody a fair chance. Without further ado, meet ... MEOW, our resident Library Cat.



Now, let's have a quick look at our statistics. So far this term, we have had **964** books borrowed from the library! That is sooooo good! I am so proud of all the students who came in and took out at least one book (some borrowed multiple!).

The change, though gradual, is noticeable and it will benefit everybody. We are building a reading culture together to help our students succeed. It is truly a joy to come to work every morning with that goal in mind.

Finally, we are going digital! Well, not really.. However, with the help of our wonderful IT staff and Library Management System support staff, we have managed to enable online accounts for all users. Now, you can view your loans, renew, and even review the books you have borrowed!



Continued on the next page...

## GENERAL NOTICES

### Library News Continued

Now, for the final Reading Championship update this term:

TERM 1 WEEK 7				
	Reading Champ		Tutor Group Reading Championship	
1	SU	103	9AS	139
2	PL	60	8RM	108
3	BD	34	7KR	84
4	AJ	32	10MJ	67
5	A-ML	22	7ALW	62

**Have a great weekend!**

Let me leave you with this wonderful quote:



### Message for Year 7 | Mr Cunningham

Firstly, well done to all of Year 7 (and their parents) for making it through the first term of secondary school so successfully, there are so many moments to be proud of across the year group. The Year 7s have thrown themselves into life at Greyfriars with so much enthusiasm, from Librarians to Catholic Life Ambassadors, Volunteers for open evenings and Meet the Tutor evening, and even public speaking in front of the whole year in assembly!

It is hard to pick out students when so many have made such a great start, but I'd like to mention our top 10 achievement point scorers for the term, who have been showing the Greyfriars Way from day one.

Rugeisa	296
Elia	286
Emmabong	286
Revita	282
Eufrazia	274
Jude	273
Innocent	271
Bella	270
Abubakr	266



Across all 4 form groups, Year 7 have amassed an astounding 19,563 achievement points (at time of writing) with 7BN leading the way on an incredible 5,886, and 7KR with 4,888, which are the two highest form groups in the school!

7BN	5,886
7KR	4,888
7GKE	4,506
7ALW	4,283

I am immensely proud of the work put in by everyone this term, enjoy a well earned break, and I will see you all in November for Parents and Carer evening on the 13th!

## GENERAL NOTICES

### Sixth Form News | Ms McCabe

Our Y12 and Y13 have had a brilliant first term. We could not be more proud of how they have got involved and settled into their new courses. We have PPE exams coming up next term so we expect to see students working really hard in preparation for these exams.

#### Anxiety & the Brain Lecture at St Hilda's College

On Monday, Dr Rogers and I took a group of students to a lecture at St Hilda's College Oxford. It was on Anxiety and the Brain from 3 different perspectives -philosophy, neuroscience and psychology. The speakers, who were experts in their fields, gave students an insight into their research and presented them with some thought provoking theories. We were particularly impressed by the questions our students asked (*'Is anxiety always a conscious thought?'*) and how much they got out of the event.

#### Work Experience & Super curricular courses

Y12 should be busy trying to organise work experience this half term. This is an important opportunity for Y12 to gain experience to boost university or apprenticeship applications next year. Some applications to specific degree paths, such as medicine and healthcare, really need students to have had a placement in that field before writing their application. Additionally, many super curricular courses are only open to students when they are in Y12. A reminder of how to draft the work experience email has been put onto Satchel to help students reach out to as many employers as possible. If students are not sure where to start looking, they should speak to either myself or Mr Dunne for some guidance.

#### House Assemblies

So many Y12 and Y13 students stepped forward to deliver our House Assemblies this week. These assemblies are completely student led. Students are expected to plan, create resources for, and deliver the assembly. It is a real challenge and can be a daunting experience for students, even Sixth Formers! However, they did brilliantly. It's hard to push yourself out of your comfort zone but it is a really valuable and necessary thing to do. Well done to all of the students involved, whether this was behind the scenes or on the microphone.



#### Sixth Form Leadership

A special well done to Kaya and Emriela in Y12 for supporting teachers in their lessons this week. They are model student leaders who are having a real impact on how younger students see themselves and their learning.

## GENERAL NOTICES



### Weekly Book Review by Lian G

#### I know you did it by Sue Wallman

It's a thrilling crime piece set with threads of dark secrets and high stakes intrigue. A classic tale of being framed for something you didn't do - except it isn't actually that straightforward. What happens when a secret leads to wrong conclusions? You have to follow Ruby in this story to know!



You'll shiver with nerves as you read through this and you slowly try to piece together what's really happening before it's too late. It's almost exhilarating to read once you really take it all in.

### Message for Year 10 and Year 11 | Mr Weedon

Well done to KS4 for getting through the first term. We have had made great memories already this year. A highlight for me was my Y11 GCSE class in rowing and enjoying being out on the river.

#### Achievement Points

10CT	237
10SA	220
10JOD	203
10MJ	202



11JM	303
11JS	293
11RHO	184

I hope you all have a safe and fun half term

### St Frideswide Primary School Open Evening



#### Is your child starting school in September 26?

Come and find out how St Frideswide Primary put nurture based practice into action, next door to Florence Park!

Join us at one of our open sessions:

Monday 10th November 1.00 pm-1.45 pm

Friday 14th November 1.00 pm -1.45 pm.

Book your place [here](#).

## GENERAL NOTICES

### Message for Year 8 and Year 9 | Mrs Reddy

**Well done, Lushun!** Lushun has shown wonderful examples of kindness and community spirit this week. He was spotted helping a fellow student with his tie, ensuring he looked *Greyfriars smart*. In addition, he proudly shared with his tutor group that he had helped an elderly lady cross the street, another thoughtful act that reflects his caring nature and commitment to the common good. Keep up the great work, Lushun! Small acts of kindness make a big difference. 🌟

A heartfelt thank you to all Year 8 and Year 9 parents and caregivers who have generously contributed to our Christmas Appeal so far. If you haven't had the chance yet and would like to donate, please drop off your contributions at the main reception, addressed to Mrs. Reddy.

#### Students Leading the Way

##### Y8

Haider  
Karina  
Anne-Marie  
Alda  
Yves  
Maria  
Hafsa  
Wissam  
Lena  
MiuMui



##### Y9

Sahas  
John  
Alexandra E  
Delight  
Ammarah  
Kosmos  
Lilianah-Sophia  
Lushun  
Alfie  
Sabrina

Have a restful half term.

### Leadership Enrichment Donations

The Leadership Enrichment group is currently collecting items to support needy families and children in our community. We kindly ask you to contribute any **pre-loved items** or **unwanted gifts** that we can donate to the church to distribute to those less fortunate. Please drop off your donations at **Reception** for the attention of **Mrs Reddy**.



Thank you for your generosity and support in making a difference!

**Congratulations to all students with 100% attendance.**  
Thank you to the tutors for their ongoing support. Keep on striving to be a better version of yourself Y8 and Y9!

## GENERAL NOTICES



Greylfrians 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 at [family-action.org.uk/NSBP](http://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. 01068186.

### Sparx Maths **WEEK 7**

Total hours spent on  
Sparx this year  
2,050hrs

Number of questions  
answered correctly  
141,558

#### XP Champions THIS YEAR 24/10/25

Name	Year	Total XP
Miu Miu M	8	10,451
Nita C	11	8,453
Seerat S	7	6,940
Ana Paula C	10	6,939
Aseda K	7	6,829
Aminata J	9	6,621
Samayrah K	10	6,612
Nora C	11	6,570
Mithun K	10	6,528
Aman A	9	6,429

#### XP Champions for LAST WEEK

Name	Year	XP POINTS
Ruby S G	12	2,481
Phoebe R	12	1,481
Rebecca A	11	2,275
Russell R	11	1,945
Iran F B	10	3,240
Nancy M	10	1,609
Tatiana F S S	9	1,671
Chris J	9	1,588
Rosmelia D C	8	1,688
Azzouz M	8	1,557

## 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](mailto: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](mailto:f.easton@gfcs.uk)

## GENERAL NOTICES

### Dates for your Diary

27 – 31 October | Half Term

3 November | Term 2 begins

6 - 8 November | Catholic Life Ambassadors Youlbury retreat

11 November | Year 11 / KS5 PPEs begin

11 November | Remembrance Service

13 November | Year 7 Parent Consultation Evening 4pm – 7pm

20 November | Trinity College Careers Trip

26 November | Future Fest Careers Event

28 November | Flu Vaccinations Years 7 - 11

### 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](mailto:s.upellini@gfcs.uk) or visit:

<https://www.greyfriarsoxford.org.uk/join-us/vacancies> to view all our current vacancies.



**You Tube**

GENERAL NOTICES

*Save the date!*

**GREYFRIARS**  
**CHRISTMAS**  
*Fayre*

**6th DECEMBER 2025**  
**11:30AM - 2PM**

**JOIN US**

GREYFRIARS CATHOLIC SCHOOL  
CRICKET ROAD OXFORD OX4 3BR  
TEL: 01865 749933 OFFICE@GFCES.UK

# LOCAL EVENTS AND OPPORTUNITIES

**Maths Circles**  
at Keble College

Free Maths Circles in October 2025 for Y7-10 students - Register Now.

A registered charity "We Solve Problems" is inviting pupils to join the in-person weekly Maths Circle at Keble College (University of Oxford).

Maths Circles are free training sessions for maths lovers that promote the art of problem-solving and structured thinking. Students in years 7-11 who love puzzle-solving will enjoy the sessions regardless of their proficiency in the school curriculum. Maths students and professional mathematicians from Oxford University run Maths Circles.

To secure an invitation to the Circles, all students are welcome to participate in the London Verbal Maths Challenge, a fun oral-style Olympiad free of charge. Students in years 7-10 are invited to join, provided they enjoy problem-solving and math-based reasoning.

To register for participation in Maths Circles, please fill in the following form: [Register](#)

To find out more information about Maths Circles, please visit: [Maths Circles](#)

## ART CLASSES

A PLACE TO BELONG, GROW & CREATE

**BOOK A TRIAL NOW!**

- + Art Classes for Children 4+
- + Teen Art Classes
- + GCSE & A-Level Support
- + Holiday Art Workshops
- + Seasonal Family Workshops
- + Birthday Parties & Events

COMMITTED TO SAFEGUARDING | OFSTED REGISTERED | CHILDCARE VOUCHERS ACCEPTED

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

## 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.

Working together to build a better Oxford

Oxford Hub Community Larder  
Every Wednesday 12:30-14:00  
Email: [Hello@oxfordhub.org](mailto:Hello@oxfordhub.org)  
Telephone: 01865 745265  
If you have any further inquiries.

**£10**  
P/YEAR  
ANNUAL JOINING FEE

+

**£3.50**  
P/WEEK  
INDIVIDUAL MEMBERSHIP FROM

+

**£7**  
P/WEEK  
FAMILY MEMBERSHIP FROM

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](http://www.sofea.uk.com)

Registered Charity Number 1161763

COMMUNITY LARDER  
MEMBER OF SOFEA

CHILDCARE VOUCHERS ACCEPTED

Next Thing

OCTOBER 2025

## TECH & STEM CAMP

WITH TAKE HOME INVENTIONS!

GET READY FOR SPOOKY TECH FUN!

Robots

Inventions

Minecraft +LEGO

Engineering

VR

Tech Fun!

### OCTOBER HALF TERM 2025

What's on?

Different activity theme each day, please check website for your specific camps activities

REVOLTING ROBOTS

SERIE ENGINEERING

MYSTERY MINECRAFT

SPOOKY FILM MAKING

TERRIFYING TECH FUN

NEW Take Home Inventions

20th -31st October LIMITED SPACES

WHAT TO EXPECT:

At Next Thing Education, our goal is to ignite curiosity, fuel creativity, and empower young minds for the future!

This October, children will explore micro-robots, video game design, LEGO WeDo2, animation, augmented reality, 3D pens, movie making, VR, Minecraft, Marvel, and even launch their own science rockets —with a Spooky Dress-Up Friday to finish the week!

★★★★★

"My son LOVED camp — he came home buzzing, with the things he made!"

Kate Sedgwick - Google Review

★★★★★

"My son had a wonderful time and was begging to go again."

Dill Coleman - Google Review

★★★★★

"Staff who truly care about children and will ensure that they enjoy the camp."

Hina Dhillon - Google Review

LIMITED SPACES, BOOK YOUR CHILD'S PLACE TODAY!

W: [www.nextthing.education](http://www.nextthing.education) T: 01442 873150

01865 749933

GREYFRIARS CATHOLIC SCHOOL

[www.greyfriarsoxford.org.uk](http://www.greyfriarsoxford.org.uk)

## LOCAL EVENTS AND OPPORTUNITIES



### October Timetable

All sessions delivered live online via zoom. 90 minutes long

**£24 each or FREE with School Membership**

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Understanding The Teenage Brain	6 Oct 10am
Supporting Healthy Sleep	6 Oct 7pm
Supporting A Child With ADHD	13 Oct 10am
Understanding Addictive Behaviour	13 Oct 7pm
Autism Improving Communication	14 Oct 10am
Improving Family Communication	14 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Facing Defiance	20 Oct 7pm
Anxiety Based School Avoidance	21 Oct 10am
Understanding Anger	21 Oct 7pm
<b>FREE - Raising Self-Esteem</b>	<b>23 Oct 7-8pm</b>
Anxiety Explained	27 Oct 10am
Cannabis and Ketamine Awareness	27 Oct 7pm
What Is ACT?	28 Oct 10am
Introduction To OCD	28 Oct 7pm



### November Timetable

All sessions delivered live online via zoom. 90 minutes long

**£24 each or FREE with School Membership**

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Raising Self Esteem	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting Healthy Sleep	4 Nov 10am
Understanding the Teenage Brain	4 Nov 7pm
Improving Family Communication	10 Nov 10am
Autism - Improving Communication	10 Nov 7pm
Understanding Addictive Behaviour	11 Nov 10am
Supporting A Child with ADHD	11 Nov 7pm
<b>FREE ADHD Kids &amp; Homework</b>	<b>13 Nov 6-7pm</b>
Understanding Anger	17 Nov 10am
Supporting Healthy Screen Use	17 Nov 7pm
Facing Defiance	18 Nov 10am
Anxiety Based School Avoidance	18 Nov 7pm
Cannabis and Ketamine Awareness	24 Nov 10am
Anxiety Explained	24 Nov 7pm



### Affordable Swimming Lessons – Join for £1!

Leys, Barton, and Ferry Leisure Centres are offering a fantastic opportunity for children to start swimming lessons.

Join for just £1 and pay nothing until 1st November, saving around £40!

This is perfect for families looking to build water confidence or for children who haven't yet achieved the national swimming standard.

Find out more and book now at:  
<http://www.oxfordcityleisure.com>

## 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](mailto:donna@oxfordhub.org)

Oxford Hub

[oxfordhub.org/parent-power](http://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@connectionssupport.org.uk](mailto:enquiries@connectionssupport.org.uk)
- 01865 711267
- [connectionssupport.org.uk](http://connectionssupport.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



COMMUNITY FUND OXFORDSHIRE COUNTY COUNCIL youth ambition OXFORD CITY COUNCIL

### LEYS YOUTH HUB

LOCATION: LEYS POOL AND LEISURE CENTRE, PEGASUS ROAD  
FREE ACTIVITIES FOR U - 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 6.35PM - 8PM: OPEN ACCESS GAMES, COOKING, CHILL OUT

CALL LYDIA ON 01483007103 OR JEN ON 01483010739

FOR ROCK CLIMBING BOOKINGS EMAIL: [LEYSYOUTHUB@OXFORD.GOV.UK](mailto:LEYSYOUTHUB@OXFORD.GOV.UK)

Ark-T, Welcome Space in Templars Square

### PDA, Autism and EBSA Creative Drop In

A relaxed, low-demand space with creative activities for all ages — including gentle adult sessions

October 29<sup>th</sup> 1-3pm

Entry & Activities are FREE  
No need to book - All ages welcome

Take part at your own pace, dip in and out, and connect with other families. Explore the space, meet our team, and feel free to come with or without your children. ALL SEN families welcome.

Please note: our Welcome Space does not have full disabled access. Email us if you have any questions [hello@ark-t.org](mailto:hello@ark-t.org)

ARK-T

OXFORDSHIRE PARENT CARERS FORUM 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](https://oxpcf.org.uk/webinars)

## LOCAL EVENTS AND OPPORTUNITIES

### LEYS YOUTH HUB @ ORION ACADEMY

Fun, Free & Exciting Session for Young People

Location: ORION ACADEMY,  
KNIGHTS ROAD, BBL, OX4 6DQ

EVERY FRIDAY  
3.30pm - 6.30pm

GIRLS YOUTH CLUB

Sports, Art, Cooking & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact  
07483010739 or 01865 335884



### LEYS YOUTH HUB @ ORION ACADEMY

Fun, Free & Exciting Session for Young People

Location: ORION ACADEMY,  
KNIGHTS ROAD, BBL, OX4 6DQ

EVERY WEDNESDAY  
3.30pm - 6.30pm

Baking, Art & Craft

Music, Dance

Design & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact  
07483010739 or 01865 335884



### LEYS YOUTH HUB @ BLAP

Fun, Free & Exciting Session for Young People

Location: BLAP, MOORBANK,  
BLACKBIRD LEYS OX4 6HW

EVERY THURSDAY  
5.45pm - 7.45pm

Cooking, Sport

Art, Games

Movies & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact  
07483010739 or 01865 335884



**NHS** Oxford Health  
NHS Foundation Trust

## 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.

**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

7 years+ recommended

## Biology week

### Poo trivia quiz

Find out what happens in our guts and toilets.

Get your free tickets to the online event to participate in the live quiz  
5pm Friday 17 Oct  
2pm Saturday 18 Oct

<https://PooTriviaQuiz.eventbrite.co.uk>

Sponsored by:

**wooclup**  
helps people to teach and learn

Yes, we are real poo scientists.

#BiologyWeek is an annual celebration of the biosciences hosted by:

Royal Society of **Biology**

Created by:

OXFORD CENTRE FOR MICROBIOME STUDIES

KENNEDY

## 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

## LOCAL EVENTS AND OPPORTUNITIES

**Oxford University Athletic Club**

### Athlete Taster Day!

November 13<sup>th</sup> 2025 &  
February 26<sup>th</sup> 2026



Sign up link in Instagram bio  
@oxforduniathletics

Email us for more info at  
Athletics.club@studentclubs.ox.ac.uk

Sign up by October 23<sup>rd</sup>!

### Itinerary!

Hosted by Brasenose College, Oxford

10:00 - 10:30 Arrive at Brasenose College

10:30 - 11:15 Introduction to Oxford and life as a student-athlete at Oxford talk

11:15 - 11:45 Q&A with students and student-athletes

11:45 - 12:15 Brasenose College tour

12:15 - 13:15 Free lunch in Hall with students

13:15 - 14:15 Academic/Admissions session

14:15 - 15:30 Tour of Iffley Road Sports Centre, including Q&A with coaches and athletes

Sign up link in Instagram bio  
@oxforduniathletics

Email us for more info at  
Athletics.club@studentclubs.ox.ac.uk

Sign up by October 23<sup>rd</sup>!

**Abingdon & Witney College** | **Oxfordshire Adult Learning**  
A FACULTY OF ABINGDON & WITNEY COLLEGE

### Navigating the Teen Years

Oxford Hub  
Windale Primary School  
Windale Avenue  
Oxford OX4 6JD

Connect with other parents, share experiences, and find support in creating a positive environment for your family.

Come along to gain valuable insights into:

- Teenage brain development
- Maintaining healthy relationships
- Managing conflict
- Building resilience
- Setting boundaries
- Keeping safe on phones and online.

6 Week Course  
Wednesdays 9:30 - 11:30  
5th November - 10<sup>th</sup> December

To book a place please contact Penelope (teacher of the course) from Abingdon & Witney College.

penelope.lea@abingdon-witney.ac.uk

**October Half Term** | **The North Wall Arts Centre**

**YouthLab**  
Ages 12-17

### Stage Combat

27 - 29 Oct  
9am - 12pm

Experiment with different styles of armed and unarmed stage combat in this exciting skills workshop, to bring fight scenes dramatically to life!

Tickets £60 for 3 half days

**Double the Drama, Double the Fun!**

**SAVE £15** when you book both workshops!

### Musical Theatre - Acting Through Song

27 - 29 Oct  
1pm - 4pm

Combine the power of acting and singing and learn how to connect emotionally with an audience through your character in this musical theatre workshop.

Tickets £60 for 3 half days

**“Friendly, enjoyable - a great experience.”**

**Book now: [thenorthwall.com/type/workshop](https://thenorthwall.com/type/workshop)**  
Full bursaries available  
To Apply: Email Laura on [howellsgreenl@thenorthwall.com](mailto:howellsgreenl@thenorthwall.com)