Weekly Newsletter

Friday 6th November 2026 | Issue 8

Dear Families

It has been wonderful to welcome everyone back to Greyfriars for the beginning of our new term. There is always something so lovely about the school coming back to life after a holiday, with the familiar rhythms of lessons, noise (it is quiet here during the holiday!) and all the wonderful things that make Greyfriars such a joyful place to be.



We began this week with the Beatitudes from Matthew's Gospel and, in particular, Jesus' words: *'Blessed are the peacemakers.'* It is a deceptively simple message. We all want peace, but being a peacemaker is rather different from simply wishing for peace. Peacemaking requires action. It requires us to make difficult choices, to listen, to forgive, to challenge injustice and sometimes to put aside our own interests for the good of others. This is a core part of the Greyfriars Way

In assembly, we reflected on this and Pope Leo XIV's powerful reminder that there is no such thing as a holy war; only peace is holy. It is a particularly important message in a world where conflict and division can seem so prevalent. But we also brought this much closer to home. (This is one of my photos from when I met him in 2025.)

We considered the difference between who we want to be and who we actually are. I think this is something we can all recognise. We tend to judge ourselves by our intentions, but we judge others by their actions. We know when we meant to be kind, when we intended to help or when we wanted to do the right thing, but didn't quite make it. The people around us can only experience what we actually do. It all comes back to words and actions. It is a challenging thought. If we want to be kind, are we kind? If we want to be generous, do we give? If we want to be peacemakers, what are we doing to create peace?

This links beautifully to our Catholic Social Teaching focus for the term: Solidarity. Solidarity reminds us that we belong to one human family and that we have responsibilities towards one another. It is not simply about feeling sympathy for others; it is about recognising that their lives and experiences matter to us, and then doing something about it. As part of this, we have been thinking about the idea that we are one body. Our actions affect the people around us. Every thoughtful word, every moment of encouragement helps build our community; equally, when we are careless or unkind, others feel the consequences.

I reminded students that you don't just belong to the culture of Greyfriars; you help create it. That is both a wonderful privilege and an important responsibility. Even something as simple as being present in school matters, not just because of what we gain from being here, but because of what we bring to others.

It was lovely to begin the term with this message but also end the term with exactly this. On the final Friday, I visited our students on retreat at Youlbury. It was absolutely freezing! But it was also a wonderfully joyful experience. The students embraced the challenges of being outdoors with tremendous fortitude, good humour and a genuine sense of community. There is something very special about seeing young people support one another, enjoy new experiences and find moments of peace and reflection away from the usual routines of school.

Continued on the next page…

Weekly Newsletter

I am particularly grateful to the staff who give up so much of their time to make opportunities like this possible. These experiences are an important part of our curriculum, and they simply would not happen without the generosity and commitment of our colleagues.

We have also had a wonderfully varied first week back. Students have enjoyed Gaelic football coaching, bringing new skills and opportunities to our sporting provision. We were delighted to again work with the Bach Choir, sharing the joy of music with our students, and we also welcomed visitors from Cambridge University to work with some of our Year 11 students, helping them to think ambitiously about the possibilities ahead.

And, of course, it would hardly be a Friday at Greyfriars without our regular karaoke lunchtime. Today included a round of Happy Birthday for a Y7. There is something quite wonderful about the enthusiasm with which our students embrace these moments. Schools should be places of learning, ambition and hard work, but they should also be places of laughter, friendship, joy and singing. I am very pleased that ours is.



One of my personal highlights this week has been seeing the students who accepted my half-term Ashmolean challenge. You may remember that I challenged them to visit the museum and find a Roman denarius or Guy Fawkes' lantern. I have been absolutely delighted by the number who have come to show me photographs and evidence of their discoveries. What has been especially lovely is hearing about their visits, their excitement at finding the objects and the conversations they have had with their friends. It is exactly the sort of curiosity and enthusiasm for learning that we want to encourage. I was so inspired that I decided to return to the Ashmolean myself, taking some of my friends along for another look at the lantern. Oxford is an incredible city to live in and we need to make sure we are making the most of it.



As we begin this new term and look ahead towards Advent, I find myself reflecting once again on the extraordinary sense of community we have at Greyfriars. There is so much to look forward to, and so much joy to be found in the everyday life of our school.

One way you can be involved is through the Christmas Fair! Please make a note of it.

Thank you, as always, for the part you play in making Greyfriars such a wonderful community. I wish you all a peaceful and restful weekend.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel | Matthew 5:1-12a



When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the Kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven."

Reflection

The Beatitudes bring with them a new interpretation of reality. They are both the path and the message of Jesus the Teacher. At first glance, it seems impossible to declare as blessed those who are poor, or those who hunger and thirst for justice, the persecuted or the peacemakers. Yet, that which seems inconceivable in the world's thinking is filled with meaning and light when brought into contact with the Kingdom of God. In the saints, we see this kingdom approaching and becoming present among us. Saint Matthew rightly presents the Beatitudes as a teaching, depicting Jesus as a Master, who transmits a new perspective on things, which is reflected in his own journey. We are his disciples and are in his "school." We learn how to discover in his life, namely in the path he has travelled, a horizon of meaning capable of shining a light on all forms of knowledge. (Pope Leo XIV, Homily, 1 November 2025)

Prayer for All Saints

"Almighty ever-living God, by whose gift we venerate in one celebration the merits of all the Saints, bestow on us, we pray, through the prayers of so many intercessors, an abundance of the reconciliation with you for which we earnestly long. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever."



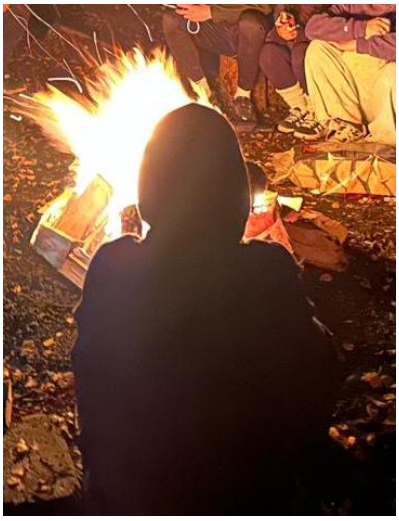
To view the St Edmund and St Frideswide (Greyfriars) parish website please click on the following link:
https://www.greyfriarsoxford.uk/

GENERAL NOTICES

Catholic Life | Mr Greer







Before we broke up for half term, students from Years 10 to 13 went on a camping retreat at Youlbury, located in Boar's Hill near Oxford. The camping was indeed colder, wetter, and stormier than expected, but students persevered and made sure to still make the occasion memorable.

Apart from high ropes, zip lines, and team building in the rain, students found shelter to play card games with one another, enjoy a cup of tea, or make new friends. In the rare moments of sunshine, we took advantage and played sports. The evenings were a particular highlight: we had mass with the Carmelite friars on Thursday night; Friday we had a spontaneous dinner indoors to escape the cold; and then that night we huddled around the fire to share reflections and make s'mores.

Each student will have brought home a candle that they received in this moment: a symbol of how they reflected and spent intentional time with God on this retreat. A special thank you from me to all the staff who gave up their time, and to Kaden Evans who helped to organise, lead the treat as the student leader, and provide quality cupcakes!

After returning from half term, we began this week with a service for All Saints and All Souls in the Chapel. We will continue to pray for the dead in our community over this month of November.

We've also continued to prepare for our Assembly with Citizens UK, happening on:

Monday 30th November 6pm - 7:30pm

I will be sending a letter out shortly inviting families to the event. We'd love to have you there!

GENERAL NOTICES

Making a Splash: Geography Students Take to the River Pang | Dr Crane

On 22 and 23 October, our Year 11 GCSE Geography students swapped the classroom for the countryside with a fieldwork visit to Rushall Farm in West Berkshire. Fieldwork is a required part of the GCSE course, and students will answer questions on it in their final exams.



Pulling on waders, students stepped into the River Pang, a chalk stream that flows through the farm on its way to the Thames. Working in small groups, they measured the river's width, depth and speed at several sites, and sampled the size and shape of the stones on the riverbed. Despite the chilly water, spirits stayed high throughout.

The aim was to test the Bradshaw model, which predicts that a river becomes wider, deeper and faster downstream, while the stones it carries become smaller and more rounded. Students will now analyse their results in class to decide whether the Pang fits the theory.

A big thank you to the staff at Rushall Farm for hosting us, to Mr Dunne, Mr Weedon and the team at Greyfriars who made the trip possible, and to parents and carers for their support.

Languagenut Update | Miss Parish

A huge well done to all students who took part in the language nut competition over half term.

A special congratulations to the five below who made it onto the leader board.

Languagenut

1st | Emmanuel T

2nd | Daniela

3rd | Crystal

4th | Janet

5th | Dylan



Those students will all get a prize for their amazing efforts.

GENERAL NOTICES

Gaelic Football Comes to School! | Miss Kenneford

On Thursday and Friday this week we were delighted to welcome Keith Jackman into school. Keith spent both days introducing our students to Gaelic Football, and he did some incredible work with them.

Many students had never played the sport before. Keith taught them its key skills, including the solo (bouncing the ball off the foot while running), hand passing, kicking, catching and how the game fits together. As well as leading sessions in PE lessons, he ran bespoke sessions for a range of students from across the school, so many more of our young people got to try something new.

The students were incredibly enthusiastic. They threw themselves into every session and were keen to learn, and Keith was struck by how quickly they picked up the skills. There is some real talent among our students. Keith was so impressed that he would like to come back later this year to work with them further, and we're very much looking forward to welcoming him back.

A huge thank you to Keith for his time, energy and expertise, and well done to all the students who took part.

Éire Óg OXFORD 1959

Want to get involved?

If your child enjoyed the sessions and would love to take Gaelic Football further, please visit the Éire Óg website to find out more:

Éire Óg Oxford

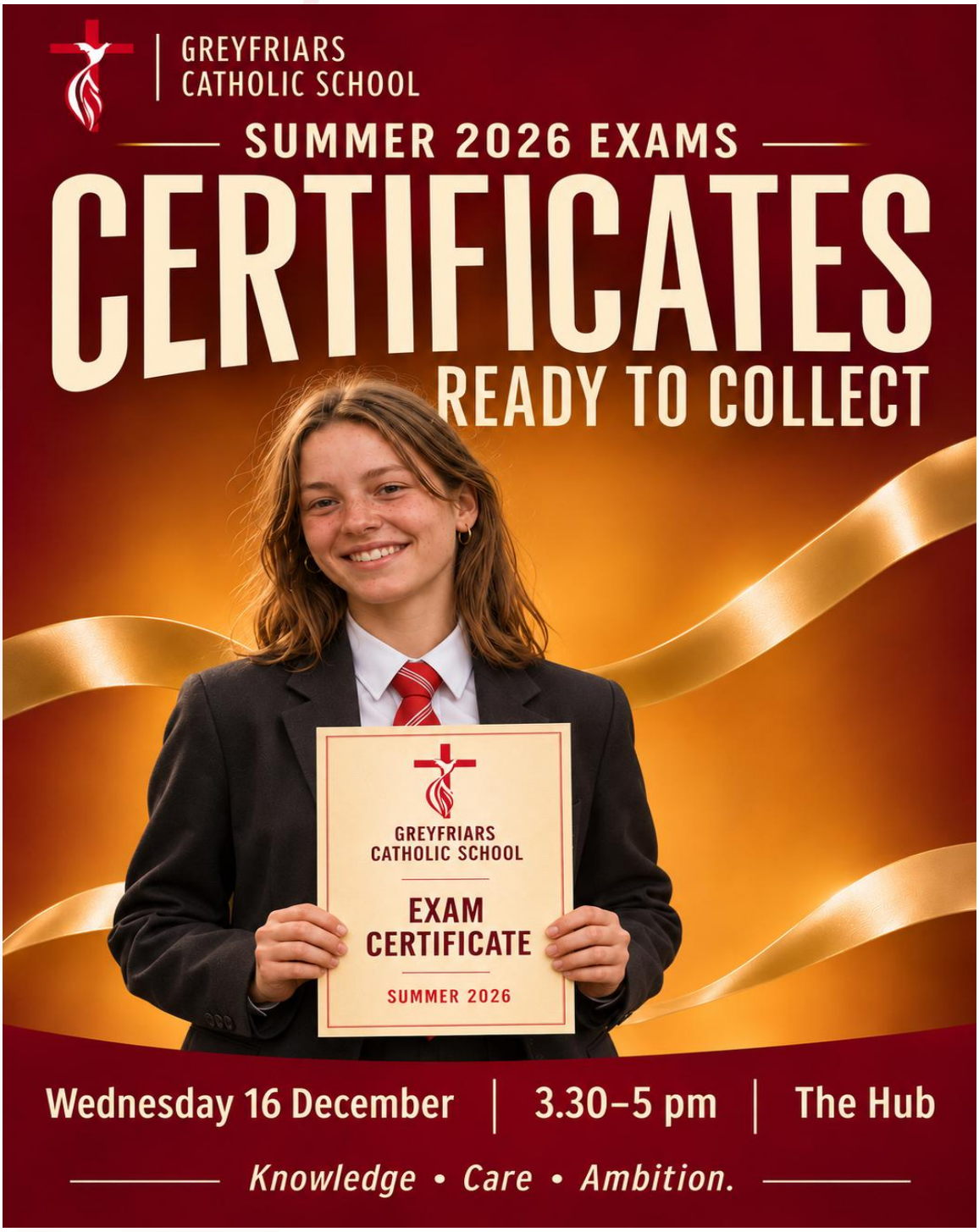
Éire Óg OXFORD 1959

Admissions Policy Consultation | Blessed George Napier

Blessed George Napier School is consulting on its Admissions Policy, in line with the School Admissions Code. The consultation runs from **20 October to 1 December 2026**, and parents, carers and prospective parents are invited to share their views.

For more information and to register your view, please follow this link.

GENERAL NOTICES



GENERAL NOTICES

Library News | Mrs Brett

Hello Book Borrowing Bosses! We are back again, it's like we never left :). Although, I do hope that you had a restful and readful break. You know how I usually pack quite a bit in here? Not today. Today, I have exactly two things to share.



On Wednesday, we were very fortunate to have had a visit from Dr Efi Spentzou, Reader in Latin Language and Literature, Classics, Literary Theory, Ancient and Modern; and Rosie Sharkey, an Education Officer at the Bodleian Libraries, who delivered an unforgettable creative writing workshop to our students.

The workshop contained all the amazing things that a librarian could ever dream up for their students: some reading (building skill and knowledge), a lot of talking (team work, brainstorming, creative thinking), a lot of writing (collaborative story-writing, discussion, working together), even more writing (inspiring and encouraging individual thinking and building creative confidence) and crafting (because everything is better with colour paper and pens!)

The workshop was inspired by a Greek myth of two people who were changed into birds. The students, though some reluctant at first, had a splendid time and created wonderful new characters, all very unique. At the end, they were also encouraged to share their favourite thought, or sentence they had written, all of which were then put on a large paper and displayed in the library. Do come and have a closer look. Thank you so much, Efi and Rosie, and I hope to welcome you in our school again soon.

Secondly - our very own writing competition! I am proud to present **Greyfriars Voices.** The competition will be launched on Monday with all the details but I thought it would be good to give you some time to start thinking about your theme, genre, vocabulary, etc. The most important thing to remember is that your voice is **important**; your voice is **unique**, and we want to hear it. And by 'WE' I mean these FANTASTIC FOUR published authors (accomplished in many creative ways), who graciously agreed to judge the competition for us.

There are great prizes to be won including a first prize of a £100 voucher and a book. Even if you don't think of yourself as a writer - have a go! You might surprise yourself. I'm very much looking forward to having lots more conversations about it with all of you!



Tuyen Do
British Vietnamese actor writer



Josie Jaffrey
Dark fantasy, paranormal romance and historical fiction author



Rogba Payne
British-Nigerian author of science fiction and fantasy



Jen Sugden
Novelist and audio dramatist

Have a great weekend!

GENERAL NOTICES

Message for Year 8 and Year 9 | Mrs Reddy

A very warm welcome back to all our Year 8 and Year 9 students! We hope you had a restful break and are ready for an exciting and busy half-term ahead. There is plenty to look forward to, with opportunities to learn, grow and get involved.

Key dates and events to look out for:

- **Year 8:** Social Well-being Enrichment Programme.
- **Year 9:** Duke of Edinburgh Enrichment Programme.
- **16 – 20 November:** Anti-Bullying Week. Interested in becoming an Anti-Bullying Ambassador? Please speak to your Form Tutor if you need an application form.
- **16 – 20 November:** Assessment Week – make sure you are organised and prepared!

As the weather gets colder and darker, remember to keep warm, travel safely and wear appropriate outerwear.

Finally, please support our **Leadership Enrichment Christmas Charity Appeal** by donating towards our Christmas collections. Look out for the poster in this newsletter for further details.

There is lots happening, embrace every opportunity and make this half-term count!

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!

Students leading the way!

Year 8	Year 9
Mia	Anne-Marie
Madison	Ganuli
Sahar	Esther
Esther	Ricardito
Aseda	Esther
Kai	Miu Miu
Kario	Francis
Bertie	Mason
Hassan	Abdullah
Martyna	Lorenzo

GENERAL NOTICES

Sixth Form News Ms McCabe

Y13 PPEs

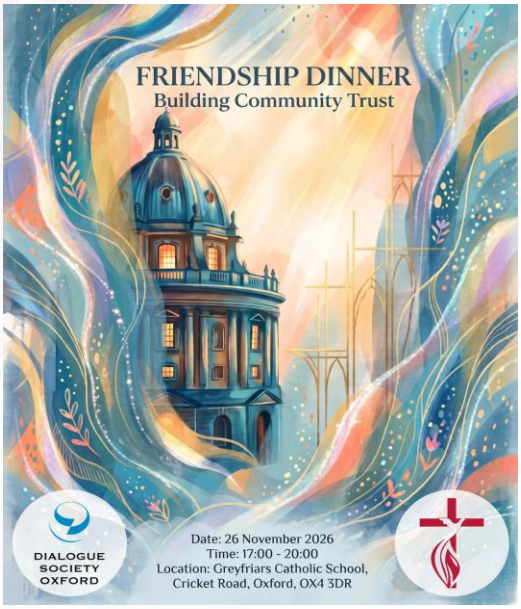
Our Y13 students have been doing their final preparation for their PPEs this week. On Tuesday, students had an assembly to consider the 'gift' of PPEs. They reflected on how valuable the opportunity is - not just for the test-taking experience, but also for the feedback. I hope they will embrace the challenge and the difficulty as the only route to real progress and success. A reminder that all Y13 will be on Study Leave from Tuesday 10th. They will be back in school on Friday 20th.

Super Curricular Enrichment

We've had a number of our Y12 students apply for summer schools, Sutton Trust and university outreach programmes. These are brilliant opportunities that give students the edge when it comes to UCAS and Apprenticeship applications. A particular special mention to Abdelaziz for gaining a place on the Step into OxMed programme for aspiring doctors run by Trinity College.

Sixth Form Debating

Our entry for the Oxford Union Debating Competition is in for 2027! Having entered the competition last year, we have taken on our feedback and we will be returning stronger and more confident than ever. We brought some of our Debate team together on Wednesday to start work on our first motion on whether museums should return cultural artefacts to their country of origin. We have a visit to Pitt Rivers Museum next week to help students consider the different sides of this debate.



Save the Date!

Dialogue Society Oxford, in partnership with Greyfriars Catholic School, invites you to the Friendship Dinner, a special evening celebrating friendship, diversity, and mutual understanding across Oxfordshire's faith and non-faith communities.

To register please click:

https://Greyfriars26.eventbrite.co.uk

We look forward to seeing you there.

GENERAL NOTICES

Message for Y7 | Mr Cunningham

Welcome back, everyone! We hope you all had a lovely, restful half term and are feeling refreshed and ready for the weeks ahead. As we settle back into the routine, we would like to share a few friendly reminders, starting with uniform. Our expectations are as follows:

- Black shoes and black socks
- Blazers worn at all times.
- Winter coats are encouraged in the colder weather, but hoodies are not part of our uniform, so please do not send your child to school wearing one.

We really appreciate your support in helping us keep standards high, and we know our students take pride in how they look.

A reminder, too, of our phone expectations: phones should never be seen and never be heard during the school day. Thank you for talking to your child about this at home.

Finally, some exciting news: we are delighted to be offering a rowing enrichment opportunity. If your child would still like to take part, any final sign-ups need to be completed via this Google Form by Wednesday 11th November.

7PJE	380
7LP	360
7RHO	333
7CHO	266

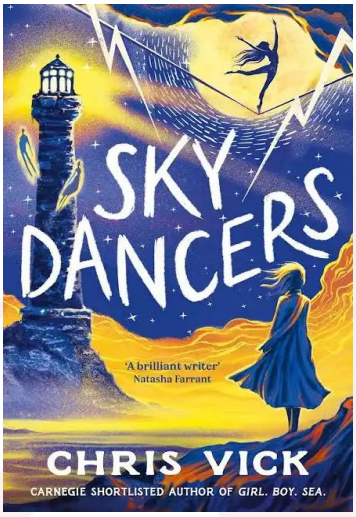


Thank you, as always, for your continued support. Here's to a brilliant second half of term!

Esmae	63
Hibba	49
Alfred	30
Alexander	29
Konstantinos	28
Maryam	27
Lucas	27
Laurencja	26
Ahmad	25

GENERAL NOTICES

Weekly Book Review by Lian



This book is a brilliantly imaginative piece that merges both friendship and magic seamlessly within its pages. The two main characters, Hilly and Lorcan, are a wonderful pair despite their differences in attitude and personality. They seem to complement each other well throughout the book once they start to embrace their new friendship and so much so you'll find yourself rooting for them with every challenge they face. The use of nature within the book is simply amazing, reading it simply feels mystical and you may even find yourself with your head in the clouds trying to drift off into the sky too! I can't even begin to imagine forgetting the types of weather used as it's is genuinely so whimsical (and sort of chaotic) and the beautiful world building just seems to capture you that much more.

I found all of the side characters wonderfully developed too, in fact it almost pains me to call them side characters when they continued to be so engaging and just so intriguing! (Just to add, I adored Ari! And Isla was such a trooper!)

But anyways, this book is a truly wonderful read and anyone into magic and fantasy would (hopefully) love it!

PE Update: Football and Rugby Start Next Week | Miss Kenneford

From next week, students will begin football and rugby in their PE lessons. We're looking forward to getting everyone outside and building on the skills, teamwork and fitness that both sports develop.

What students need

Because these sports are played on the field and astro, **every student must bring suitable footwear to every PE lesson**. This can be either:

- **Astro boots** (Astro turf trainers), or
- **Football or rugby boots with plastic moulded studs**

Metal or screw-in studs are not permitted. Ordinary trainers are not suitable either.

Why it matters

Our astro can only be used with the correct footwear. This protects the playing surface and keeps students safe. If students don't have suitable boots, they won't be able to go on the astro, and they'll miss out on taking part in the lesson. We'd also recommend clearly labelling boots with your child's name. Please bring a bag to carry muddy boots home in.

If you have any questions, or if getting suitable footwear is a difficulty for your family, please contact the PE Department. We're happy to help. Thank you for your support.

GENERAL NOTICES

KS4 Update | Mr Weedon

Year 10

Our Y10 students have been working hard this week - it has been great to see the effort and focus they are bringing to lessons. Over the coming weeks they will see Y11 sit their Pre-Public Examinations (PPEs). This is a valuable opportunity for them to see what is ahead of them and learn from the example their older peers are setting – Y11 will be showing them how it is done!

Football Fixture | Good luck to our Y10 football team, who have an upcoming fixture against St Bartholomew's, Newbury. We are proud of the commitment the squad has shown in training and look forward to hearing how they get on.

Attendance matters | Attendance remains a key focus for Y10. Put simply, the more a student is in school, the more time they spend with their teachers – and that time makes a real difference to their progress and their final outcomes. Thank you for your continued support in making sure your child is in school every day and on time.

Year 11

Y11 students begin their PPEs next week. These mock exams are an important step towards the summer, giving students the chance to practise under real exam conditions and to identify where to focus their revision. Tutors have been on hand offering advice and support, giving students extra time to fit in revision and showing them what productive revision looks like. We encourage you to talk with your child at home about their revision plan, help them find a quiet space to work, and make sure they are getting plenty of rest in the run-up to their exams. Students have also been attending revision classes in Maths, Science and English, and it has been fantastic to see so many taking up this opportunity.

Thank You | A huge thank you to all of our teachers who have given up their time to run these revision sessions and support our students. Your dedication is truly appreciated.

Have a great weekend and stay safe.

Axiom Maths Problem of the Week! | Mr McCutcheon

Can you divide these lists of numbers into two groups with equal sums?

a) 5, 8, 19, 22
b) 5, 8, 9, 22
c) 5, 8, 19, 24
d) 5, 8, 10, 19, 22

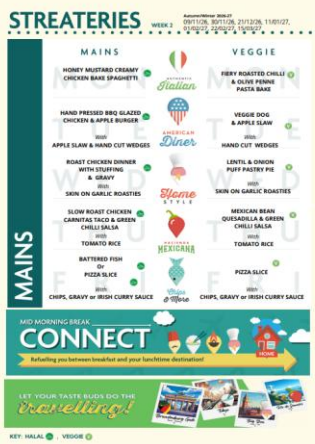


GENERAL NOTICES

Restaurant Menu for Term 2













Safeguarding | Mr Daly

This week was International Stress Awareness week (2nd - 6th November) and our Year 11 and Year 13 students have been preparing for their important mock exams!

Here are some tips to stay balanced and effectively revise. Good luck!



GENERAL NOTICES

Mrs Reddy's Christmas Donations

As in previous years, we are collecting donations for the Salesian Sisters to donate to families in need in our community.

Any donations would be gratefully received.



Year 10 Hospitality & Catering | Mrs Awanyo

Our Year 10 Hospitality & Catering students have been developing their practical skills by making delicious homemade sausage rolls! Using ready-rolled puff pastry, students prepared their sausage filling by dry-frying sausage meat with garlic and fresh parsley, creating a flavoursome filling. They then focused on evenly shaping and portioning the sausage meat before carefully wrapping to achieve a neat, uniform finish. This practical lesson allowed students to develop their preparation, shaping and pastry-handling skills, whilst building confidence and precision in the kitchen.



Well done to everyone for their fantastic effort and teamwork!

GENERAL NOTICES



GENERAL NOTICES

Attendance at Greyfriars

At Greyfriars Catholic School, our priority is to ensure that every student has the opportunity to flourish individually and collectively. Consistent attendance plays a vital role in this success and we have high expectations for all pupils, with the aim of achieving 100% attendance.

Every day in school counts.

For more information on our attendance policy and details of how to notify the school of your child's absence or indeed, to request a term time absence, please follow the link below which will take you to our attendance page on the school website:

Attendance

Student Illness Procedure

- If your child feels unwell a member of the on-call team will be called to the classroom to assess your child in the first instance.
- If on-call believe that the student is not well enough to continue with their lesson, they will be escorted to main reception to be seen by the person on duty in the medical room.
- At this stage, parents / carers will be contacted.
- If it is decided that your child is too unwell to continue the school day, you or a named adult will be asked to collect your child from school.
- Alternatively, if you are unable to collect your child, they will likely be sent back to lessons.



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.

ParentPay
COUNT ON US

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

GENERAL NOTICES

National Changes to Free School Meals from September 2026

The current transitional protection arrangements for Free School Meals will end in July 2026. This means that pupils who are currently receiving FSM will not automatically remain eligible from September 2026. To continue receiving Free School Meals, families will need to meet the revised eligibility criteria.

Expanded Eligibility from September 2026

From September 2026, **all children living in households that receive Universal Credit** will be eligible for Free School Meals, regardless of household income.

If you believe that your child is eligible for free school meals, please complete the following Google Form: Free School Meals Registration Form

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.



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

GENERAL NOTICES

Dates for your Diary

Tuesday 10 November | Year 11 / Year 13 PPEs Begin

Wednesday 11 November | Remembrance Service

Monday 16 November | Anti-bullying Week Begins

Thursday 19 November | Year 11 Cambridge University Visit

Thursday 26 November | Oxford Dialogue Society Friendship Dinner

Friday 27 November | Year 7 to Year 11 Flu Vaccinations

Monday 30 November | Citizens UK Assembly

Wednesday 2 to Friday 4 November | French Christmas Markets Trip

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!



Greyfriars 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 https://www.greyfriarsoxford.org.uk/join-us/vacancies or visit: to view all our current vacancies.

Archdiocese of Birmingham Vacancies

https://www.birminghamdiocese.org.uk/Pages/FAQs/Category/jobs

LOCAL EVENTS AND OPPORTUNITIES













LOCAL EVENTS AND OPPORTUNITIES

FACE

November Timetable

All regular 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

Introduction to OCD	2 Nov 10am
Raising Self-Esteem	2 Nov 7pm
Supporting Healthy Sleep	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting a Child with ADHD	9 Nov 10am
Understanding Addictive Behaviour	9 Nov 7pm
What is ACT?	10 Nov 10am
Improving Family Communication	10 Nov 7pm
Autism: Improving Communication	16 Nov 10am
Supporting Healthy Screen Use	16 Nov 7pm
Understanding the Teenage Brain	17 Nov 10am
Understanding Anger	17 Nov 7pm
FREE - Responding to Stress & Anxiety	19 Nov 7-8pm
Anxiety Explained	23 Nov 10am
Facing Defiance	23 Nov 7pm
Cannabis & Ketamine Awareness	24 Nov 10am
School Anxiety	24 Nov 7pm







LOCAL EVENTS AND OPPORTUNITIES



Donnington Doorstep Family Centre has reopened its **free Youth Club** for young people in OX4.

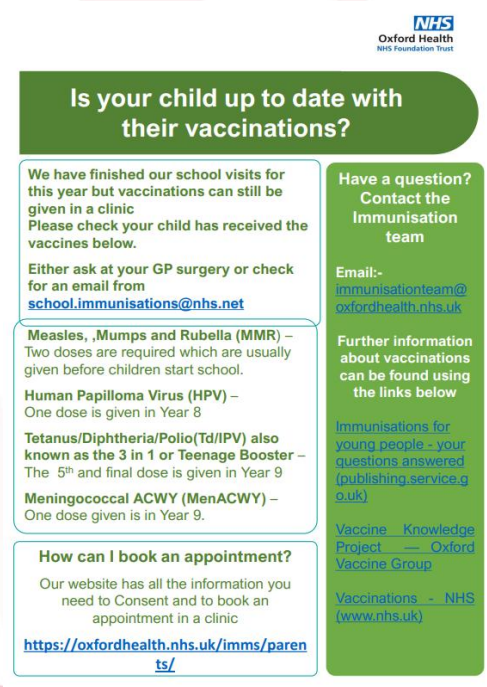
We offer a safe, welcoming space with activities, support, and a free hot meal each session.

Open **Tuesdays & Wednesdays**

Please see our poster for parental permission details.

PARENTS to COMPLETE FORM

YOUTH CLUB Registration Form – Fill out form







LOCAL EVENTS AND OPPORTUNITIES



A 10-session programme providing 20 hours of specialist tuition and mentoring for aspiring commercial pilots, covering: Aviation Maths, Physics and technical knowledge, Pilot aptitude, interviews and airline selection preparation, Career pathways, including BA Speedbird Academy and Jet2 FlightPath, Leadership, teamwork and professional pilot competencies.

Starts: Sunday 8 November 2026 | **Ages:** 14–19

Course information & booking:
https://www.theaviationguy.co.uk/becomeapilot





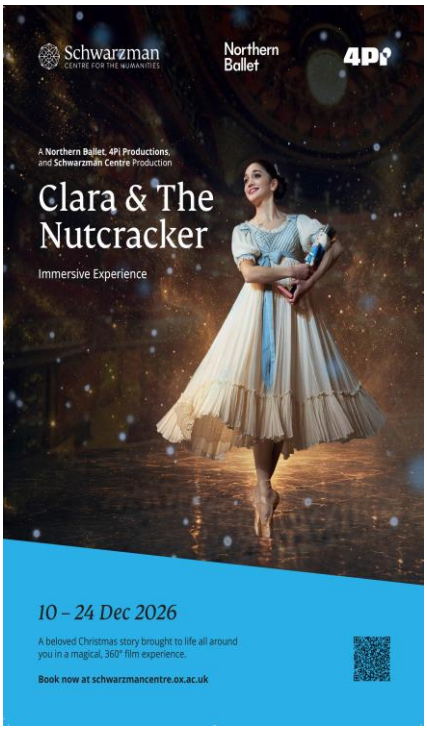




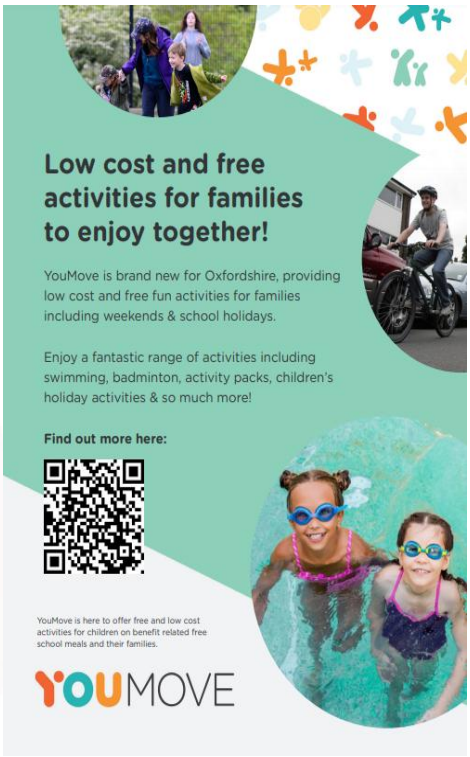
LOCAL EVENTS AND OPPORTUNITIES













LOCAL EVENTS AND OPPORTUNITIES







