

Weekly Newsletter

Friday 2nd October 2026 | Issue 4

Dear Families

We began this week with the Parable of the Two Sons from Matthew's Gospel, building on some of the complexity we explored in last week's parable. Jesus tells the story of two sons: one says he will do what his father asks and does not; the other initially refuses, but then changes his mind and acts. There is a deceptively simple message at its heart: what we do matters. Our values cannot simply be things we say; ultimately, they are revealed through our actions.

That feels particularly important at Greyfriars. We can talk about being kind, loving, ambitious and inclusive, but those words only have meaning if people experience them through the way we behave. It is one of the reasons St Thérèse of Lisieux is such an important inspiration for the Greyfriars Way. Her Little Way reminds us that we do not always need grand gestures to change the world. Small, ordinary actions, when carried out with great love, can have an extraordinary impact.

We have seen plenty of those actions this week.



On Wednesday, our whole school gathered to celebrate Mass for the Feast of St Francis, alongside the Feast of St Thérèse of Lisieux. These two saints have had an enormous influence on the life of Greyfriars. St Francis calls us towards peace, simplicity, service and care for God's creation; St Thérèse reminds us that holiness can be found in the smallest acts of love. Together, they offer a wonderful model for our school: love is something we do.

There are only a couple of occasions each year when our entire school community comes together in one place, and they always feel very special. The Mass was joyful, prayerful and wonderfully reverent. Our Catholic Life Ambassadors were exceptional, supporting with readings, intercessions, the offertory and ushering. It was a genuine whole-school celebration of faith and community. And, of course, it was a feast day, so there was cake and an extended lunchtime too. Happy Feast!

Our Catholic Life Ambassadors have actually had a particularly significant week. We also held our commissioning services, formally welcoming and celebrating them in their role. We now have nearly 200 Catholic Life Ambassadors, so many that the service had to take place in two sittings! That is a remarkable testament to the willingness of our students to participate and lead. I am particularly proud that this is genuinely a whole-school movement. Our Catholic Life Ambassadors are a multi-faith group. They bring different experiences and perspectives, but share a commitment to serving others and strengthening our community. At its simplest, their role is about sharing the love; turning the values we talk about into actions that other people can actually experience.

That spirit of participation was also spectacularly evident at our Open Evening. Nearly 100 student volunteers arrived ready to welcome prospective families and show them around their school. The building was absolutely buzzing and full to the brim with visitors. Across the school, departments

Continued on the next page...

Weekly Newsletter

showcased the extraordinary work that happens here every day. Science certainly enjoyed the opportunity to put on a show; PE had a packed sports hall; and subjects across the curriculum gave families a glimpse of the knowledge, creativity and opportunities that make Greyfriars such a joyful place to learn.

But, as always, the real stars were our students. There is something incredibly powerful about hearing young people talk to visitors about their own experiences. They spoke with confidence and pride about their lessons, teachers, friendships and opportunities, and shared quite simply how much they enjoy being part of Greyfriars. You cannot manufacture that. I am enormously grateful to every student and member of staff who gave their time to make the evening such a success. You stars!

Finally, there has been another rather unexpected act of service this week. Readers may remember the fox who made an appearance in last week's newsletter. Well, he wasn't quite finished with us....

I am particularly grateful to our School Business Manager, Sophie Upellini, who spent the best part of two hours with me attempting to shepherd our injured visitor away from both Greyfriars and St Frideswide's and into a safe area while we waited for the wildlife experts to arrive. This was necessary to avoid the rather dramatic prospect of having to lock down two schools because of one determined fox!



When the wildlife team arrived, they were extraordinary. Two women jumped from their van and, within seconds, had him safely in a net. They were so quick that we didn't even manage to film it, although thankfully we did get a photograph.

Not all heroes wear capes! They were awesome.

Perhaps, strangely, even the fox brings us back to this week's Gospel. Communities are built through people being prepared to act: reading at Mass, welcoming a nervous Year 6 family, serving as a Catholic Life Ambassador, giving up an evening to showcase your school, or, occasionally, fox herding.

You really never know what is going to happen when you work in a school. What I do know is how grateful I am to work at Greyfriars, surrounded by students and staff who demonstrate through their actions, every single day, what our mission really means.

I hope you have a wonderful and restful weekend.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel | Matthew 21:28–32



Jesus said to the chief priests and elders of the people: "What is your opinion? A man had two sons. He came to the first and said, 'Son, go out and work in the vineyard today.' He said in reply, 'I will not,' but afterwards changed his mind and went. The man came to the other son and gave the same order. He said in reply, 'Yes, sir,' but did not go. Which of the two did his father's will?" They answered, "The first." Jesus said to them, "Amen, I say to you, tax collectors and prostitutes are entering the kingdom of God before you. When John

came to you in the way of righteousness, you did not believe him; but tax collectors and prostitutes did. Yet even when you saw that, you did not later change your minds and believe him."

Reflection

If your heart is not a repentant heart, if you do not listen to the Lord, if you do not accept correction and do not trust in Him, you have an unrepentant heart. But these hypocrites who take offence at what Jesus says about tax collectors and prostitutes, yet then secretly went to them, either to indulge their passions or to do business – but all in secret – they were 'pure'! When we see God's holy people who are humble, who find their riches in faith in the Lord, in trust in the Lord – the humble, lowly people who trust in the Lord: these are the saved, and this is the way of the Church (Pope Francis, Homily of 16 December 2014, Adapted).

Heavenly King, You have given us archangels to assist us during our pilgrimage on earth. Saint Michael is our protector; I ask him to come to my aid, fight for all my loved ones, and protect us from danger. Saint Gabriel is a messenger of the Good News; I ask him to help me clearly hear Your voice and to teach me the truth. Saint Raphael is the healing angel; I ask him to take my need for healing and that of everyone I know, lift it up to Your throne of grace and deliver us back to the gift of recovery. Help us, O Lord, to realize more fully the reality of archangels and their desire to serve us.
Holy angels, pray for 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

This week, we celebrated our annual mass for the Feast of St. Francis. Saint Francis of Assisi is our school Patron Saint; given our connection to the Greyfriars religious community. It's a beautiful moment each year, where the entire school gathers in our Sports Hall to hear the story of St. Francis and reflect on how we might follow his simple way of life. I am especially grateful to all of the students who volunteered to set up mass, read in front of their peers, or serve in other ways. We couldn't do it without them. We even had one student who recently trained as a Eucharistic Minister serve at our mass: it's fantastic for our students to see where their leadership can take them.



We also had lovely chapel services this week for our Catholic Life Ambassador Commissionings. We have over 190 students registered as Catholic Life Ambassadors this year, a clear sign of the growth and impact of our Catholic Life. Students heard from the Chaplaincy Team, Ms. Caldwell, and I about how their work is vital to the school. Just by being themselves, they're an embodiment of the peace, love, and joy that makes Catholic Life so vibrant here. Each year group received a blessing at the end of the service, and they'll be awarded their dove pins soon in assembly. We are so thankful and proud of them!

Finally, signup for our Youldbury Retreat closes next week.

This opportunity is available to students in Years 10 - 13.

If your child would like to participate, please go to your ParentPay account and complete the consent and payment as soon as possible.

Thank you!

Youlbury

OCTOBER
22-24
BOOK NOW

- Parent Pay
- £95
- All Meals Provided
- Zip Line, High Adventure Ropes, Team Building, and One Extra Challenge (Surprise)
- Board games, Catholic Mass, and S'mores, Prayer

GENERAL NOTICES

Message for Year 8 and Year 9 | Mrs Reddy

A huge shoutout to our amazing Year 8 and Year 9 students! You have been exceptional guides and ambassadors for Greyfriars at our Open Evening last night, showing confidence, kindness, maturity and pride throughout. The feedback from parents and visitors was filled with praise, and you should feel incredibly proud of the way you represented our school. You truly showed us The Greyfriars Way!

Lexi deserves a special mention for demonstrating knowledge, kindness and care by helping another student with their Maths this week. What a fantastic example of supporting others!

Wissam and Azzouz showed a wonderful sense of belonging by making sure a new Arabic-speaking Y8 student felt welcomed and supported during social times. Wissam went the extra mile by attending Open Evening specifically to act as a translator for the family.



Hats off to you, boys!

These are the moments that make us proud to be Greyfriars; looking out for others, showing kindness and making everyone feel that they belong. Keep showing care, ambition and knowledge in everything you do!

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!



**Have a lovely
weekend!**

Students leading the way this week

Year 8	Year 9
Esme	Anne-Marie
Charlie	Ganuli
Sadew	Wissam
Naia	Sampson
Ella	Eve
Jefrey	Isayah
Chloe	Karina
Alton	Ephraim
Rachael	Esther O
Paula	Sara

GENERAL NOTICES

Sixth Form News Ms McCabe

Peer Mentoring

This year we have embarked on something innovative and exciting with our Y12 students. All students are following a Peer Mentoring programme to develop communication skills to engage positively with younger students throughout school. We believe our Sixth Form students are role models and mentors simply by being the oldest students in school. This week, we had a session on safeguarding led by our Designated Safeguarding Lead, Mr Daly. We look forward to our first cohort of Greyfriars Peer Mentors graduating at the end of this term.

Independent Study Project

Another new initiative for this academic year is the Independent Study Project. As a Sixth Form student, developing independent study and research skills is critical. Although we recognise that not every student wants to progress onto Higher Education, the ability to take on a project, problem solve and present work to others is a skill valued by all employers and workplaces. All students in Y12 will complete an Independent Study Project throughout this year. For some students, this may involve developing an existing skill or hobby, for others it may mean researching a career path that they are interested in. For those looking to go to University, their project may become an EPQ, worth half an A Level in UCAS points. I am very excited to see this programme develop and see what opportunities it will give our students.

Attendance

I am delighted at how well our Y12 and Y13 have started this school year. Attendance for most students has been excellent, even with the seasonal bugs circulating. A reminder to all parents that Y12 and Y13 are expected in school every day from 8:40am so that they can get to their form room ready for 8:45am.

Axiom Maths Problem of the Week! | Mr McCutcheon

Can you find a **cunning** way to work out these sums?

a) $1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 + 10$

b) $14 + 17 + 20 + 23 + 26 + 29 + 32 + 35 + 38 + 41 + 44 + 47 + 50 + 53 + 56$

c) $3 + 6 + 14 + 28 + 33 + 51 + 69 + 74 + 88 + 96 + 99$

d) $23 + 18 + 82 + 57 + 29 + 31 + 62 + 43 + 38 + 69 + 77$

e) $4 + 9 + 7 + 4 + 9 + 7 + 4 + 9 + 7 + 4 + 9 + 7 + 4 + 9 + 7 + 4$



GENERAL NOTICES

Exam Invigilators Wanted!

Greyfriars Catholic School is looking for reliable, friendly and flexible people to join our team of Exam Invigilators. Could you be a calm and reassuring presence for students during their exams? Are you organised, attentive and able to follow instructions carefully? If so, we'd love to hear from you! No previous invigilation experience is required — full training will be provided.

As an Exam Invigilator, you will help ensure examinations run smoothly, fairly and securely. You will supervise students, distribute and collect exam materials, maintain a calm exam environment and report any incidents or irregularities.

We're looking for people who are:

- Reliable, flexible and available during key exam periods
- Confident and approachable, with good communication skills
 - Calm, professional and able to reassure students
 - Able to work well independently and as part of a team
- Organised, attentive to detail and able to follow procedures
 - Comfortable with basic IT, email and mobile messaging

All invigilators must be able to maintain strict confidentiality and uphold the security and integrity of the examination process.

If you think you could make a positive difference to our students during their exams, we'd be delighted to hear from you.

For further information or to express your interest, please contact Sophie Upellini via s.upellini@gfcs.uk

Uniform Donations

We would be very grateful for any further donations of good-quality uniform to help support families in our school community.

Any items can be handed to main reception.

Thank you!



GENERAL NOTICES

Message for Year 7 | Mr Cunningham

Firstly, a huge thank you to all the Year 7 students who volunteered their time to help at both Open Evening this week and Meet the Tutor Evening last week. Representing Greyfriars to prospective families and welcoming parents into school takes real confidence and maturity, and you carried it off brilliantly. We are so proud of the ambassadors you are already becoming.

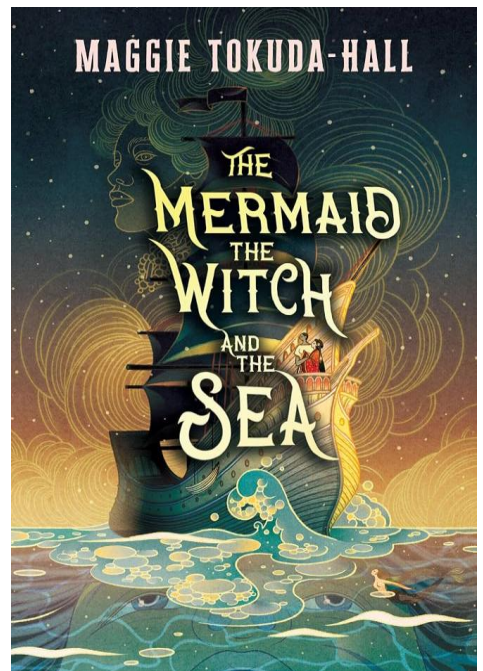
And now for some very exciting news — congratulations to our Year 7 boys, who secured a fantastic penalty shootout victory against Cranford House! The composure and determination shown in those final moments was outstanding, and the whole school community is behind you. Well done to every single player involved.

Finally, a quick practical note for families: if you have not yet been able to access Arbor, please do check your inbox as an email has been sent out with support on getting this set up. As always, if you have any further questions please don't hesitate to get in touch.

Have a wonderful weekend, and thank you for your continued support!

Weekly Book Review by Lian

A fantastical story filled with things like pirates, sea beats of folklore and the dreariness of survival. This is an absolute adventure of a tale filled with high stakes and satisfying bouts of character development as well as brilliant queer inclusion.



As a reader you'll follow Flora or perhaps Florian, depending on who you ask, as she does everything in her power to survive. She even takes on a rather drastic and brutal role/persona on the pirate ship but soon enough there's a shift when she learns more about taking a hold of her life, her way, despite the unfortunate obstacles and circumstances she faces.

I also love the perspective shifts featured within the novel as it truly does make reading it even more intriguing than it already is. You can gain the true essence of the characters from the changes in their tone and pacing not only with other people but also through their interactions with the world around them.

I really do believe many fans of fantasy adventure stories would love this book.

GENERAL NOTICES

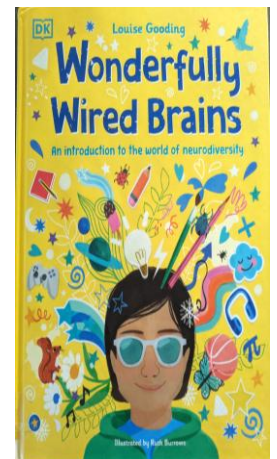
Library News | Mrs Brett

Hello Fellow Readers! What a week it has been. Here's what you need to know. We celebrated National Poetry Day on Thursday. We got to read and review some poems and realise that, surprisingly, some of us DO like poetry :). Remember, just like with fiction genres, there are many different types of poems and it can take time to find your vibes.



Thursday also marked the start of October, which is the month dedicated to Black History and ADHD awareness. Come up to the library and browse the books from our Black History Month display, that includes writers such as Paterson Joseph (who comes to talk to us every year), Malorie Blackman, and Marcus Rashford, or learn about "The Hidden Figures" or "Champions of Change".

New books are still coming in and this week I want to show you these beautiful revision resources. They are SUPER SIMPLE, so why not have a go?



If you want to know more about ADHD, "Wonderfully Wired Brains" is a great place to start.

We also had a very buzzy Open Evening, with lots of reading samples, writing, crafts, games, and activities. I hope the visiting families had as much fun as we had, it was such a joy to have so many positive conversations and getting to know (hopefully) our future librarians :).



TERM 1 WEEK 4				
	Reading Champ		Tutor Group Reading Championship	
1	Karthik	25	9BMO	71.43%
2	Sahas	24	7PJE	59.1%
3	Ludozio	16	9RM	56.52%
4	Roisin	10	8ALW	53.57%
5	Chloe	6	8KRE	48.3%

More reading is happening each week, but can anybody challenge the current champions?

Have a sunny weekend ☺.

GENERAL NOTICES

Safeguarding | Mr Daly

NSPCC NEED-TO-KNOW

Building positive relationships

If parent-child relationships become damaged, it can affect the way a child feels or behaves. Finding ways to show unconditional love and affection to your child is important, but this can be easier said than done, especially when you're tired or juggling different needs.

Spend time with your child and learn together. This can help increase your child's confidence, strengthen your bond and also help you to better understand their needs.

Top five tips:

- Show your child you're interested in what they like. Think of enjoyable activities you can do together.
- Think of times when you have seen a positive change in your child's behaviour and anything you could learn from that experience.
- Ask your child for their views and be willing to listen. This can help you to see things from their view.

- Don't give up or be too hard on yourself if things don't immediately change. Focus on small steps and achievable goals.
- Be prepared to compromise and admit you're wrong.



POSITIVE PARENTING

Try this:

Now that you've read our top tips, why not add some notes of your own?

Every family is different, so use this page to make this guide your own.

FUN THINGS YOU CAN DO TOGETHER:

POSITIVE CHANGES IN BEHAVIOUR THAT YOU'VE NOTICED:

WHAT MIGHT HAVE HELPED THAT CHANGE TO HAPPEN?

The Stars Pathway has officially taken off! | Mr Jubin

This Y7 intervention brings together four carefully selected cohorts of pupils for additional academic support in English, Science and RE. It was genuinely lovely to welcome so many new Y7 faces this week. We started with our Stars Pathway Welcome Booklets, giving the pupils an introduction to what they could expect from their sessions.

In science we entered the world of cells and explored one of the most fascinating ideas: that living things are made up of tiny building blocks called cells. We used a Wayground quiz to revisit key knowledge and give the pupils some focused preparation for their assessment. The pupils had some wonderfully creative ideas about what cells actually do. At one point, the discussion made cells sound less like microscopic biological structures and more like tiny flatmates inside the human body, each with a very specific job and absolutely no interest in paying rent! It was a brilliant reminder that sometimes the most interesting learning begins with a slightly unexpected question.

English brought another lively debate about types of verbs.

For a first week, there has already been plenty of curiosity, debate, laughter, improvisation and learning. Most importantly, the pupils have begun to find their place within Stars Pathway. The Stars have arrived. Now let's see how brightly they shine.

GENERAL NOTICES

Message for KS4 | Mr Weedon

Year 10 — Working Hard and Representing the School

It has been another great week for Y10, and I have been impressed by the effort and commitment I have seen across the year group. During my visits to lessons, I have seen students engaging positively with their learning and showing a real determination to succeed. It is fantastic to see so many students taking pride in their work.

Congratulations to our Y10 football team, who have won again! Their continued success is something the whole year group can be proud of. Their next fixture will take them to Gloucester, which will be an amazing experience for the team and another great opportunity for them to represent our school.

I also want to give a special mention to the Y10 students who supported our Open Evening. They did an amazing job welcoming prospective families, showing parents around the school and speaking so positively about their experiences. They represented the school brilliantly.

Year 11 — Continuing to Shine

Y11 have also had another excellent week. They continue to shine through their hard work and positive approach to their studies. It has been particularly good to see students making the most of P6 Club, using this valuable time to revise and complete homework. Their willingness to give up their time to focus on their learning is a fantastic example of the attitude we want to see across Y11.

I also want to celebrate the contribution made by our Y11 students at Open Evening last night. The students who volunteered to give tours to parents and prospective students helped make the evening a huge success. They were confident, welcoming and excellent ambassadors for our school.

I want to finish by saying how proud I am of both year groups. Whether it has been working hard in lessons, succeeding on the football pitch, attending P6 Club, supporting Open Evening or simply representing the school positively each day, both year groups have given me plenty to celebrate this week. Well done — keep up the fantastic work! Enjoy your long weekend.

Sparx Maths **WEEK 4**

Total hours spent on Sparx this year
773hrs

Number of questions answered correctly
55,034

XP Champions THIS YEAR | 02/10/26

Name	Year	Total XP
Michael	7	8,611
Marvelous	8	4,496
Aminata	10	3,562
Morizo	10	3,420
Joe	8	2,955
Janet	7	2,853
Verio	7	2,840
Seerat	8	2,781
Miu Mio	9	2,712
Oreoluwa	8	2,694

XP Champions for this WEEK

Name	Year	XP POINTS
Daniel	11	875
Annabelle	11	745
Gaudencio	10	1,940
Kevin	10	1,709
Guardian	9	1,381
Abdallah	9	988
Destiny	8	1,418
Joe	8	1,392
Michael	7	1,875
Aoife	7	1,345
Daniel	11	875

GENERAL NOTICES



The poster features a festive background with Christmas lights, garlands, and a building. At the top center is the Greyfriars Catholic School logo, which includes a cross with a dove and a flame. Below the logo, the school's name is written in a serif font. The main title 'CHRISTMAS FAIR' is in large, ornate, gold and white letters. The date and time are listed below in a dark red serif font. The school's address is in a smaller dark red serif font. A gold circular badge with a red ribbon says 'FREE ENTRY'. At the bottom, there are seven icons in red circles representing different activities: Festive Food (fork and knife), Music (musical notes), Stall Holders (stall), Refreshments (cup of tea), Santa's Grotto (Santa Claus), and Raffle (ticket). A Santa Claus figure is at the bottom center, waving.


GREYFRIARS
CATHOLIC SCHOOL

**CHRISTMAS
FAIR**

Saturday 5 December 2026
11am – 2pm

Greyfriars Catholic School
Cricket Road, Oxford OX4 3DR

**FREE
ENTRY**

 **Festive Food**  **Music**  **Stall Holders**  **Refreshments**  **Santa's Grotto**  **Raffle**



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](#)



Greyfriars Catholic School
Invites you to a

FREE BREAKFAST!

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

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

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

 family
action

Family Action. Registered as a Charity in England & Wales no. 2144712.
Registered as a Charity in the Isle of Man no. 1204. Registered Company Limited by Guarantee in England and Wales no. 01068186.

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

Free School Meals

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.

free period products



In partnership with **hey girls...**

OXFORDSHIRE
COUNTY COUNCIL

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

Monday 5 October – Wednesday 7 October | Open Mornings (Appointment only)

Monday 5 October | Economics Conference

Tuesday 6 October – Friday 9 October | Into University Workshops

Tuesday 20 October | PFMAC Concert

22 – 24 October | Youlbury Retreat

26 – 30 October | Half Term

2 November | Term 2 Begins

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>



You Tube

LOCAL EVENTS AND OPPORTUNITIES



October 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

Raising Self-Esteem	5 Oct 10am
Supporting Healthy Sleep	5 Oct 7pm
Decreasing Depression	6 Oct 10am
Introduction to OCD	6 Oct 7pm
Improving Family Communication	12 Oct 10am
What is ACT?	12 Oct 7pm
Understanding Addictive Behaviour	13 Oct 10am
Supporting a Child with ADHD	13 Oct 7pm
Understanding Anger	19 Oct 10am
Understanding the Teenage Brain	19 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Autism: Improving Communication	20 Oct 7pm
FREE - ADHD and Homework	22 Oct 7-8pm
Facing Defiance	26 Oct 10am
Cannabis & Ketamine Awareness	26 Oct 7pm
School Anxiety	27 Oct 10am
Anxiety Explained	27 Oct 7pm

FREE talk for parents 22 October 7-8pm

If you don't have time to listen

Just book online and receive a link to the recording available for 48 hours



ADHD & Homework

info@facefamilyadvice.co.uk



SEN CONNECT Coffee Morning for Parents & Carers

A relaxed, friendly space to connect
with others who understand



When
Thursday
8th October
9.30 - 11am

Where
The Jungle, Cowley
Oxford, OX4 3JF

Guest Speaker Joining Us!



MP Anneliese Dodds
will be joining us on Thursday
8th October to chat with parents
and carers, answer your questions
and hear about the issues that matter
to you.

We're so
pleased to
welcome her!

WHAT TO EXPECT



Friendly
peer support



Monthly
guest speakers



Free tea & coffee



A safe,
welcoming
environment

Upcoming Dates

Sept: 10th 24th
Oct: 8th 22nd
Nov: 5th 19th

Follow our page regularly

to see who our guest
speakers are and
when they will be
taking place.

Parking available
Get in touch:
Donna@oxfordhub.org

Get in touch:
Donna@oxfordhub.org
Please get in touch before attending if you
have any mobility issues - upstairs location

Toilet
facilities
available

PLAY. GROW. BELONG.

GIRLS AFTER-SCHOOL BASKETBALL

DEVELOPMENT BASKETBALL PROGRAMME

TUESDAY 15:30 to 17:00

FRIDAY 15:30 to 17:00
INCLUDING HALF TERM

FOR GIRLS YEAR 7 & 8

OUR TEAM PLAYS IN ***
OYBL
&
OXFORDSHIRE U13 GIRLS LEAGUE

EVERY PRACTICE BUILDS YOUR FUTURE.

MAKE FRIENDS
BE PART OF
SOMETHING
BIGGER

IMPROVE
YOUR GAME
DEVELOP SKILLS
& CONFIDENCE

PLAY HARD
COMPETE,
LEARN AND
ACHIEVE

BE YOU
RESPECT,
SUPPORT &
TEAM SPIRIT

MORE INFO
MR ROMAN

HER VOICE HER GAME

WORK HARD • STAY POSITIVE • SUPPORT EACH OTHER • HAVE FUN

BOYS AFTER-SCHOOL BASKETBALL

DEVELOPMENT PROGRAMME

MONDAY 15:20 to 16:20

FOR BOYS YEAR 7 & 8

SKILLS DEVELOPMENT

CONFIDENCE & DISCIPLINE

TEAMWORK & RESPECT

OUR TEAM COMPETES IN:
OXFORDSHIRE U13 BOYS LEAGUE

"YOU DON'T HAVE TO BE THE BEST TO START, BUT YOU HAVE TO START TO BE THE BEST."

WE ARE RUNNING YEAR 7 & 8!

MORE INFO: **MR ROMAN**

TRAIN • LEARN • WIN • TOGETHER

OXFORD SCIENCE IDEAS FESTIVAL

www.if-oxford.com

16-31 OCT 2026

A taste of the Festival...

Arts and performance
Anna Dumitriu exhibition, 36 Hospital 6
Optical illusion uchiwa, Pegasus (all Festival)
Lady Inosphere, E.O.U. Community Centre (Fri 9 Oct)
Poetry of Science, Westgate Library (Sat 17 Oct)
The Cloud Factory, Science Oxford (Sat 17 Oct)
Train Bending Motion Show, Pegasus (Sun 18 Oct)
Ruskin's Slides, Ashmolean Museum (Sat 24 Oct)
Storm-Cloud, Natural Hist. Museum (Sat 24 Oct)
Orbits by Creation Theatre, and
Dancing Dark Matter (Thu 29 Oct)
Fusing Glass: Becca Rowland (31 Oct 1 hour)

Interactive Festival zones
Packed with hands-on activities for families, teenagers
and adults on weekends, evenings and during half term,
spend a few hours at:

Family Day (Sat 17 Oct)
EXPLORAZONE (Sat 17 Oct)
TECHWORKS (Sun 25 Oct)
BLAST! (Tue 27 Oct)
ZONE ONE (Thu 29 Oct)

Presentations and Talks
The Dawn of AI (Sat 17 Oct)
Ghost in the Machine documentary, Q&A (Tue 20 Oct)
Careers in Medical Research (Wed 22 Oct)
Spilling the Tea with Uncomfortable Oxford (Wed 22 Oct)
Breakup Monologues: Artificial Intimacy? (Mon 26 Oct)
Weapons of Mass Persuasion: Propaganda (Mon 26 Oct)
Modelling the Underbelly: Zoonosis & Health (Sat 31 Oct)

Workshops and a new hobby?
Get coding with **Glow Your Own** (Wed 14 Oct - 18 Nov)
Photographing Big Science at Culture (Sat 17 Oct)
Enamelling: Make a pendant (Mon 19 & 26 Oct)
Metals and Colour from the Earth (Tue 22 Oct)
The Chemistry of Colour (Tue 22 Oct)
Exploring Art for Science: Wildlife Drawing (Mon 26 Oct)
Fusion Fun (Thu 29 Oct)
Origami Engineering: beginner to expert (Sat 31 Oct)

Try today!
UKAEA Open Day (Sat 24 Oct)
History of Oxford Science (Sat 31 Oct)

Book your events this Autumn: www.if-oxford.com

LOCAL EVENTS AND OPPORTUNITIES

MORE

Adult & Toddler SWIMMING LESSONS

for adults and children aged 18 months – 4 years

STARTING 13TH SEPTEMBER

ONLY £37.25 for 5 consecutive SUNDAYS

Speak to a member of our team or visit our website to sign up today.

let's do **MORE**

USE PROMO CODE OXFORD SWIM

JOIN FOR £1

and pay nothing on swimming lessons until October!

MORE for every body

MORE LEISURE

BIG Open WEEKEND

3RD & 4TH OCTOBER

FREE TASTER SWIMMING LESSON

Try a class for free during the weekend! Pre-booking essential. Available for all age groups across all participating centres.

Head to our website for more information.

robyn.weller@serco.com or harry.saunders@serco.com

oxfordcityleisure.com

OXFORD CITY COUNCIL **MORE** for everyone

SEND Coffee Mornings

Peer support group for parents of children and young people with SEND/Neurodiversity

17th Sept and 1st and 15th October

9:00 - 11:00

Flo's cafe
Florence Park, OX4 3NP

FOR MORE INFORMATION:
email - Kylie@oxfordhub.org
phone - 07707918532
visit - www.oxfordhub.org

Scan the QR code to find out more about the work we do.

Oxford Hub, Windale Avenue, OX4 6JD

Blackbird Leys COMMUNITY LARDER

What is a community larder?

A membership programme that provides:

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

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

Where does the food come from? A Didcot based charity, providing surplus food, training and opportunities to young people and organisations.

£10 P/YEAR ANNUAL JOINING FEE + INDIVIDUAL MEMBERSHIP FROM £3.50 PER WEEK + FAMILY MEMBERSHIP FROM £7 PER 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 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

COMMUNITY LARDER SOFEA

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

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

NHS
Oxford Health
NHS Foundation Trust

Is your child up to date with their vaccinations?

We have finished our school visits for this year but vaccinations can still be given in a clinic. Please check your child has received the vaccines below.

Either ask at your GP surgery or check for an email from school.immunisations@nhs.net

Measles, Mumps and Rubella (MMR) – Two doses are required which are usually given before children start school.

Human Papilloma Virus (HPV) – One dose is given in Year 8

Tetanus/Diphtheria/Polio (Td/IPV) also known as the 3 in 1 or Teenage Booster – The 5th and final dose is given in Year 9

Meningococcal ACWY (MenACWY) – One dose given in Year 9.

How can I book an appointment?

Our website has all the information you need to Consent and to book an appointment in a clinic

<https://oxfordhealth.nhs.uk/imms/parents/>

Have a question?
Contact the Immunisation team

Email: immunisationteam@oxfordhealth.nhs.uk

Further information about vaccinations can be found using the links below

[Immunisations for young people - your questions answered \(publishing.service.g o.uk\)](#)

[Vaccine Knowledge Project - Oxford Vaccine Group](#)

[Vaccinations - NHS \(www.nhs.uk\)](#)

TURTLE KEYARTS

"It was amazing and I didn't want it to end!"
Aaron
Turtle Opera participant
2024

JOIN OUR FREE MUSIC & DRAMA PROJECT FOR YOUNG AUTISTIC PEOPLE.

Four days of workshops with a professional composer and director, creating stories and music for an informal performance. A specialist team from Turtle Key Arts will support the group, enabling fun and friendships!

FOR 11 TO 15 YEAR OLDS

Dates **Tue 27 - Fri 30 Oct**

Time **11am til 3:30pm**

Ogston Music School
24A South Parade
Oxford OX2 7JN

COMPLETE THE STEPS TO JOIN.

Scan the QR code to reach the registration page.

Submit the **online form** and we'll send you a reply.

Call us on 020 8964 5060

Email ellie@turtlekeyarts.org.uk

APPLY NOW! Free Limited spaces available

OXFORD UNITED IN THE COMMUNITY www.ouitc.org

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.

Scan the QR to BOOK

Contact Us
plkicks@ouitc.co.uk

Premier League Kicks OXFORD UNITED

LOCAL EVENTS AND OPPORTUNITIES

SEN CONNECT Coffee Morning for Parents & Carers

A relaxed, friendly space to connect
with others who understand

When
Every other Thursday
9.30 – 11am

Where
The Jungle, Cowley
Oxford, OX4 3JF

WHAT TO EXPECT



Friendly
peer support



Monthly
guest speakers



Free tea
& coffee



A safe,
welcoming
environment

Upcoming Dates

Sept: 10th 24th
Oct: 8th 22nd
Nov: 5th 19th



Follow our page regularly
to see who our guest
speakers are and
when they will be
taking place.

Parking available
Get in touch
Dona@oxfordhub.org

Supported by:
Oxford Hub
Working together
to build a
better Oxford

SEN
tippede



Scan me
for updates
and more
information

Are you or anyone you know looking after someone else's child?

If a child is cared for informally by someone who is not
a close relative for 28 days or more, this is considered
private fostering and legally we must be told.



Get in touch to make sure everyone gets the support
they deserve. You can do this anonymously:
Let us know
01865 323 126
private.fostering@oxfordshire.gov.uk
oxfordshire.gov.uk/privatefostercare

Fostering
Oxfordshire

OXFORDSHIRE
COUNTY COUNCIL

Supporting
your
mental health
through creativity

scan here
to sign up

**Weekly
drop-in sessions
Wednesdays
12 - 1:30 pm
term time only**

For more info contact:
hello@ark-t.org or 01865 772095

MySpace (online)

MySpace (Online) is a weekly creative wellbeing
group for 10 to 14 year olds who are struggling
with school attendance due to emotional
challenges. The sessions run in a drop in / out
style supporting individual interests and needs.

Oxfordshire
Community
Foundation
Supported by

ARK-T
Creativity Changes Lives

FLO's
Cafe



MONDAY MEALS AT FLO'S

Flo's Cafe Menu is offered on on a free or pay-as-you-can basis. Every
Monday 12-2pm

Simply order your meal at the till point and
our friendly team will help.

Your donations help support free meals in our
community for those who need it.
Thank you.

JOIN US ... RAF Air Cadets recruiting now!



If you love aircraft, action and adventure, then the Air Cadets is for you.
The Air Cadets is a UK-wide cadet force sponsored by the Royal Air Force. As a cadet,
you'll get the chance to do things that others only dream about such as adventurous
training, camps, drill and real flight experience.
So if you're aged 12* - 17 and you're looking for a challenge call
0345 600 6601 or log on to www.raf.mod.uk/aircadets
*You must be in Year 8 (England & Wales), S2 (Scotland) or Year 9 (Northern Ireland)

2210 (Cowley) Sq
Sandy Lane West, OX4 6LD
www.aircadets.tv/2210 Come join us on 20th of
April at 8 pm! RSVP: <https://forms.cloud.microsoft/e/gjMhPH4LRE>

ROYAL
AIR FORCE
AIR CADETS
the next generation



For more information
about joining the
Air Cadets call:

**0345
600 6601**

or go to

[www.raf.mod.uk/
aircadets](http://www.raf.mod.uk/aircadets)



Make new friends

**Have fun
Earn BTECs**

LOCAL EVENTS AND OPPORTUNITIES



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, DM4 2NR 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 Fisilau 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 Kennelord.

We look forward to seeing you on Wednesday!

From Laura and the Quins coaching team.

FREE PRE-LOVED SCHOOL UNIFORM POP-UP SHOP

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

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

FOR MORE INFO CONTACT KYLIE 07707918532
KYLIE@OXFORDHUB.ORG

TRY LOVE RUGBY

WANT TO PLAY RUGBY? TRY OUR FREE FOUR-WEEK
INTRO TO RUGBY FOR GIRLS & YOUNG WOMEN

CONTACT GIRLSRUGBY@OXFORDHARLEQUINS.ORG

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

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:

YOU MOVE

YouMove is here to offer free and low cost activities for children on benefit related free school meals and their families.

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

Drop-in details:

Visit our website to download the referral form

Connection Support