

Botley School

Dear Parents/Carers,

Sycamore Trip to Ashmolean

Sycamore class are taking part in a fantastic project with the Oxford Song Schools Project team where they will be creating and performing their own songs linked to their history learning. To inspire the children at the start of the project, they were taken to the Ashmolean Museum on Monday. They spent part of the day exploring the museum with Mr Griffiths and the other part of the day in 'Treasure Hunter's' workshop.



Harvest Stay and Play

This morning the Butterflies and Ladybirds classes held their Harvest Stay and Play. The teachers set up an array of harvest themed activities for the children to enjoy with their parents. It was lovely to see so many parents joining in the harvest fun!



Harvest Assembly

We finished our week with our annual Harvest Assembly with each class performing harvest themed presentations, poems and songs. Cypress class informed us on how much food is wasted across the U.K. each year and how to reduce waste; Hawthorn Class treated us to Harvest Acrostic Poems they had written this week, Sycamore Class performed the song Conkers; Poplar class performed the classic 'Cauliflowers Fluffy'; Apple class told us all about the animals that enjoy harvest time as well; and Our youngest pupils from Ladybirds and Nursery performed their poem 'Fallin Apples. All the school joined together to sing our two other Harvest songs with gusto.



Thank you to the children and our families who have been incredibly generous with their harvest donations which will be taken don to the Oxford Food Hub to help our local community.



Good luck to our pupils taking part in the Oxford Half School's Challenge this weekend, and to any parents and family members running in the half marathon itself.

I hope you all have a wonderful weekend
Mrs Reid

**Don't forget the FOBS Quiz Night taking place
next Friday evening!**

Upcoming Events

11th October – Oxford School's Challenge run
16th October – FOBS quiz
6th November 9:15 – Poetry Slam Assembly
6th November – FOBS Fireworks Evening
12th November – Individual Photos
16th November – Yr 6 PGL Residential
30th November – year 5 'Bikeability' week
9th December 4pm - KS1 Nativity Performance
11th December – EYFS Christmas stay and play
11th December – Workshare
18th December 9:15 Christmas Assembly
18th December – End of term 1:30

FOBS Fireworks

We are getting closer to the biggest event in the school fundraising calendar with the FOBS Fireworks taking place on the 6th November. Please see the information in the FOBS section of the newsletter below to find out how you can help support the event.

Year 6 parents/carers

The application portal is now open for your Year 6 children to apply for a secondary school place.

Families can apply online via the following link on the Oxfordshire County Council website:

[Secondary school place](#)

The closing date for on-time applications is: 31 October 2026.

Zumba!

Local legend George Martini now runs Zumba classes in our school hall, 7-8pm on Tuesdays.

No need to book, pay £8 on the door or book 4 consecutive sessions for £20. Email

marti123567@live.co.uk for more info.

Free School Meals for everyone on Universal Credit

If you are on UC your child now qualifies for free school meals. Please ask in the office for a short form so we can register you, or email office.2569@botley.oxon.sch.uk

Elms Road safety and access

We always remind parents about road safety at the start of the day, but this was made even more pertinent today when a cyclist was knocked off his bike at the entrance to Elms Road. Whilst this did not directly involve our parents or pupils, it will have been shocking for the pupils who witnessed the accident. So please can I remind our Botley community that driving up Elms Road at arrival or collection times should be avoided as this makes the area much more dangerous for all our pupils and families walking to and from school. Can I also remind everyone that Elms Road is residents only parking, and therefore no parents should be parking on the road. I regularly receive complaints from residents and walking parents about feeling unsafe because of inconsiderate driving and parking. Please do not stop in the middle of the road to allow pupils to get out of the car, as this causes traffic to build up which is dangerous for the children and families trying to cross the road. If there is a specific medical or accessibility reason why you need to park closer to the school, please contact the school office, who will forward your request to the appropriate member of staff.

Collection arrangements

Another start of the year reminder that pupils in school can only be collected by siblings who are 14 and over. This is within the policy for collection arrangements agreed by the governing board and is part of our commitment to safeguarding all our pupils here at Botley School.

You can find the policy on the school website:

[collecting-children-from-school-policy.pdf](#)

Term Dates 2026-2027**Term 1**

Monday 7th Sept 2026 –

Fri 18th December 2026

Half term Holiday:

26th – 30th October 2025

Term 2

Tuesday 5th Jan 2027 –

Thursday 27th March 2027

Half term holiday:

15th Feb – 19th Feb 2027

Term 3

Monday 12th April 2027 –

Wednesday 21st July 2027

Half term holiday:

31st May – 4th June 2027

INSET DAYS

Tuesday 1st September 2026

Wednesday 2nd September
2026

Thursday 3rd September 2026

Friday 4th September 2026

Monday 2nd November 2026

Monday 4th January 2027

Friday 28th May 2027

**Contact details**

Office.2569@Botley.oxon.sch.uk

01865 248573



E-mail: office@acertrust.org.uk

Tel: 01865 519215



Friends of Botley (FOBS)

This is your FOBS weekly update!

This Week

Quiz night 16th October is almost here! Buy your tickets now for an informal night of quizzing. We have a great raffle on the night too. Prizes include : £30 at Harrison's Fish and Chips, 2 months all inclusive gym membership at Mind over Matter on Harcourt Hill, 5 Free Classes at Every Body Yoga Studio and more! Make a team or join a table on the night. Fireworks Tickets are now available on parent pay!

What's next?

Virtual planning meeting for Fireworks Night - 19th October 7.30pm.

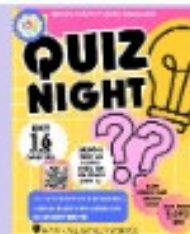
Did you know?

Have you signed up for Easyfundraising.org.uk. You buy and we get paid! Small amounts lead to hundreds so don't delay

Dates Coming Up:

Friday 16th October - Quiz night, 7pm (School Hall)

Friday 6th November - Fireworks Night



TICKETS ON EVENTBRITE

Your Committee

Naz Hernandez (Chair), Bob Higton (Treasurer) and Hugo Marques (Secretary).

Spotlight: Bob Higton (Treasurer)



I went to Botley myself as a child, and it's amazing to see how much the school has changed, but also how important it is that the parents' support where we can. I'd loved the fireworks for years before my own children arrived, so when the event's future was in doubt, I joined FOBS to help keep it, and all our other wonderful school events, going.

Questions? Email us fobs1930@gmail.com



Volunteer Signup for Fireworks Night
Scan Here

(<https://signup.com/go/MTQHvcW>)



Respect

Resilience

Kindness

Creativity

Inclusivity

Teamwork



FRIENDS OF BOTLEY (FOBS) FUNDRAISER

QUIZ NIGHT

**OCT
16**
DOORS
OPEN 7PM

SCAN ME



BRING A
TEAM OR
JOIN A
TABLE ON
THE NIGHT
(MAX 6)

£3.50 ENTRY PER PERSON |
TICKETS ON THE DOOR OR
ON EVENTBRITE



MAIN HALL, BOTLEY SCHOOL

SOFT
DRINKS AND
SNACKS
SOLD

QUIZ STARTS
AT 7:30PM
PRIZES AT
10PM

BOTLEY SCHOOL'S



FIREWORKS NIGHT

COME EARLY FOR REFRESHMENTS AND BBQ



FRIDAY

6th NOV

2026



DOORS OPEN

6.00 PM

DISPLAY STARTS AT 7PM

**BOTLEY SCHOOL, ELMS ROAD, OXFORD**

Early Years and KS1 Teddy Bear Hunt in the early years garden.

5pm--6pm, FREE Entry, please bring
a torch for the hunt. Refreshments will also be available for sale.

TICKETS

ON PARENT PAY, AT BOTLEY LIBRARY AND ON EVENTBRITE
CHILD £4/ADULT £8/FAMILY (2 ADULTS + 3 CHILDREN) £20 IN
ADVANCE OR £5/£10/£25 ON THE DOOR

SPONSORED BY BIDWELLS

SCAN HERE



EVENTBRITE TICKETS

GUITAR LESSONS

- BOTLEY SCHOOL -

FUN, FRIENDLY AND INFORMATIVE LESSONS!

- SPACES AVAILABLE - BEGINNER TO ADVANCED
- STYLES TAUGHT - ROCK, POP, METAL, BLUES, JAZZ, ACOUSTIC AND MORE
- GRADES, PERFORMANCE, COMPOSITION AND THEORY ALL COVERED
- LESSONS TAKE PLACE ON TUESDAYS AND THURSDAYS AT THE SCHOOL - 25 MINS AT £18 PER LESSON
- FREE TRIAL LESSON - NO GUITAR REQUIRED
- TAUGHT BY A PATIENT, RELIABLE TUTOR WITH OVER 20 YEARS TEACHING EXPERIENCE

For more information and to book a lesson please contact Lee:

T: +44 (0)7872 478886
E: LEEELULANDGUITAR@GMAIL.COM
W: WWW.LEELULANDGUITAR.COM

rockschool mu

SCAN ME





Chef Manager Term Time Only

- Great opportunity to work for a leading food caterer
- Family friendly working times – No Weekends and school holidays off
- Competitive salary – £15ph
- Fantastic benefits to look after you and your well-being
- Exciting learning and development opportunities to support your career

If you think this position is for you, please contact John Boor with your CV:
John.boor@aspens-services.co.uk



For family or friends who
step up to raise a child.



Are you a kinship carer in Oxfordshire?

Kinship carers are friends or
family who step up to raise a
child when their parents aren't able to.

Get **FREE** support and be part of a national research trial

Kinship, the national charity for kinship carers is funded to provide support to 40 kinship carers in Oxfordshire over the next year.

What this means

We're looking for **40 kinship carers** to receive our 6-month Kinship Connected programme. 20 will receive it now and 20 in 6 months time.

This is **absolutely free** and you'll receive independent support from a charity worker called a Kinship Navigator.

They'll work with you to:

- understand you and your family needs
- develop your own personalised and practical toolkit and plan
- help you to advocate for kinship child or children
- help you to access and understand things like the schools system or applying for an EHCP and much more

Want to find out more and apply?

Go to this website to read about the research trial and what that might mean for you: www.kinship.org.uk/Oxfordshire

For more information, please contact navigator@kinship.org.uk

After School CLUB



YEARS
KS2



DATES
9th Nov - 7th Dec



TIMES
3:15pm - 4:15pm



LOCATION
Botley Primary School

TERM 2 ACTIVITY



DODGEBALL AFTER SCHOOL CLUB

Each week is packed with exciting dodgeball games and challenges, helping your children have fun, stay active, improve their throwing and catching skills.



SCAN ME 
TO FIND OUT MORE
& BOOK TODAY!



01235 415846



bookings.eliteyouthsports.co.uk



info@eliteyouthsports.co.uk



ELITE CAMPS OCTOBER

ACTIVE. CREATIVE. CHILDCARE.

38+ ACTIVITIES THIS OCTOBER
Sports, games, creative activities and new experiences

FANCY DRESS & HALLOWEEN ACTIVITIES ON FRIDAY!

EARLY BIRD 10% OFF! "SPOOKY10"
OFFER ENDS 2ND OCTOBER

EVERYTHING PARENTS NEED TO KNOW

- ✓ Ages 5-13
- ✓ Full days & extended days
- ✓ Childcare Vouchers accepted
- ✓ Tax-Free Childcare accepted
- ✓ Flexible booking by day or week
- ✓ Ofsted Registered

GREAT CAMPS, RIGHT ON YOUR DOORSTEP

BOTLEY
Botley Primary School, OX2 9JZ

+ more locations all over Oxfordshire & West Berkshire

PEACE OF MIND FOR PARENTS

- OFSTED REGISTERED**
High standards you can trust
- EXPERIENCED STAFF**
Trained, qualified & DBS checked
- PAYMENTS MADE SIMPLE**
Childcare Vouchers & Tax-Free Childcare
- SAFE & SUPPORTIVE**
A welcoming environment for every child

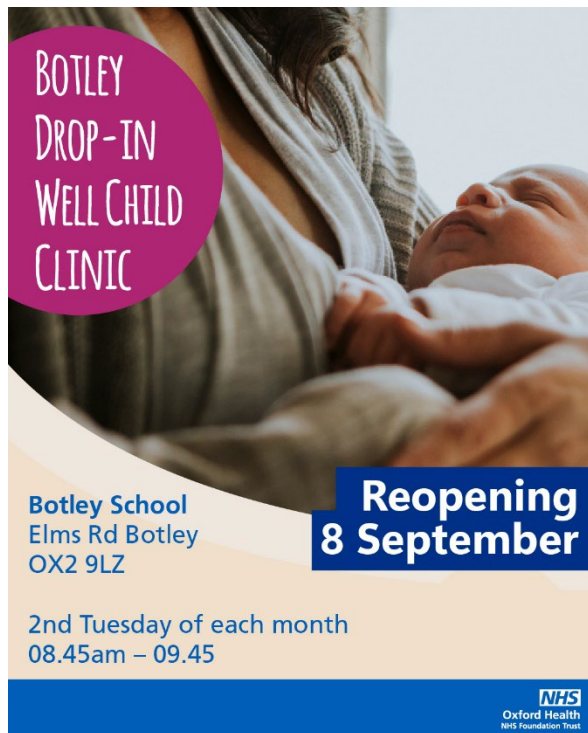
JOIN US THIS OCTOBER
SPACES FILL FAST!

BOOK NOW!

eliteyouthsports.co.uk

ELITE
YOUTH SPORTS

Well Baby Drop-In Clinic at Botley School



Are you a parent or carer of a baby or young child?

Come along to our Well Baby Drop-In Clinic for advice, support, and the opportunity to discuss any concerns you may have about your child's health, growth, feeding, development, or wellbeing.

When: 2nd Tuesday of every month

Time: 8:45am - 9:45am

Where: Botley School

No appointment is needed. Simply drop in during clinic time to speak with a member of the Health Visiting team.

Botley School 0-19 / Health Visiting Service

Do you live in the Botley/ Cumnor area?

Once you receive an appointment for your child's 0-19 / Health Visiting Developmental Review Appointment from us, if you would prefer your child's developmental review appointment to take place at Botley School, we may be able to arrange this into the clinic slots available on a Tuesdays from 9:00am to 12:00pm.

Simply contact the Single Point of Access (SPA) and request for your appointment to be rearranged to the Botley School clinic.

Please call SPA on 01865 903800 or email cyp0-19@oxfordhealth.nhs.uk to discuss your preference and arrange an alternative appointment if available.

We are happy to accommodate requests where possible. We look forward to welcoming you.

Oxford Health 0-19 Children's Services

Please see below as shared by one of our parents at Botley:

SEN support services for those who suspect their child is neurodivergent, those who are on waiting lists or don't know how to go about getting a diagnosis:

1) Autism Early Support portal (£10 a month):

<https://autismearlysupport.org.uk/parents-portal/>

2) Programme of Support:

<https://portal.autismearlysupport.org.uk/register/>

3) Free webinars on all sorts of common autism / neurodivergent related parenting topics from the OPCF itself:

<https://www.oxpcf.org.uk/information>

Botley Youth Club is back – at a new venue!

Come and see us at **Fogwell Road Pavilion** from **Wednesday 14 October**, our new home while the Louie Memorial Pavilion is being rebuilt.

If you're in **year 6 or above**, Youth Club is a relaxed, safe space to hang out and socialise, listen to music, play games, visit the tuck shop or just chill.

We meet every Wednesday in term time, 7–8.30pm (autumn/winter times), £1 on the door. Just turn up and sign in.

Come along and make Wednesday nights your Youth Club night!

Fogwell Road Pavilion, OX2 9SA
More info: botleyyouthclub@gmail.com



'Rock and Pop' Music Lessons!

Exciting news! We are now welcoming Rocksteady Music School to school on Fridays. It's an incredible opportunity for the children to learn to play their favourite songs in their very own bands with a choice of drums, keyboards, electric guitar, bass guitar or vocals. As well as learning new musical skills, lessons also boost children's confidence, well-being, social skills, and teamwork. Lessons take place every week during school time.

These fun and inclusive lessons are taught by highly trained professional musicians who know how to inspire a life-long love of music. At the end of each term, the bands perform a concert for the school and their families, so you can see how far they have come!

Here's what you need to know:

- All instruments are provided.
- No musical experience necessary.
- Suitable for all ages.
- Lessons take place in school.
- All involved work towards an Ofqual qualification in Music.
- Your child will learn up to 300 instrument, band, and performance skills.
- You'll receive regular online parent timeline updates.
- There's a money-back guarantee for the first month.
- You can cancel at any time.

You can sign up for lessons online at www.rocksteadymusicschool.com.

If you have any questions about Rocksteady lessons, you can call **0330 113 0330** (local rate, office hours are Mon – Thurs 08:00 – 20:00, Fridays 08:00 – 18:00).



WOULD YOUR CHILD LIKE TO PLAY IN THEIR OWN ROCK BAND AT SCHOOL?

98% OF PARENTS SAY THEIR CHILD LOVES OR ENJOYS ROCKSTEADY BAND LESSONS

*Parent Survey 2024

94% OF PARENTS SAY ROCKSTEADY IMPROVES THEIR CHILD'S CONFIDENCE

*Parent Survey 2024

Hi Parent or Guardian,

Is your child more excited about music this evening?

Apologies, that might have something to do with **Rocksteady Music School!**

Today your child got a taste of what it's like to perform in a band, and this letter tells you how they can be part of the fun every week.

What is Rocksteady?

Rocksteady band lessons give children the chance to play in their very own band through weekly rock and pop lessons. It's the perfect way to **learn new musical skills, make friends and have fun** – all at school! Rocksteady lessons are also shown to boost **confidence, wellbeing, social skills** and even **academic achievement**.

Your child will learn to play songs instantly through listening and playing. There is no music theory involved and lessons are fun, inclusive and accessible. They will be making progress in every lesson and can also achieve an **Ofqual-regulated music qualification**, accredited by Trinity College London, without having to take a single exam!

Here's what else you need to know:

- Most lessons take place during the school day. There's **no experience necessary** and all instruments for lessons are provided.
- You can choose if they shine on **vocals, keyboard, drums, guitar or bass**.
- Proudly watch as your child performs in their **end of term concerts**, showing just how far they have come!
- Rocksteady band leaders are **professional musicians** who inspire a passion for music and support your child every step of the way.

Lessons are £44.68 per month with nothing to pay in August. There's a **money-back guarantee** for the first month and you can **cancel at any time**. Places are offered on a first come, first served basis.

Visit rocksteadymusicschool.com to sign up.

Best wishes,



Rachel Hawker
Director of Education



BOOK YOUR CHILD'S PLACE ONLINE!



0330 113 0330
(Mon-Thurs 8am-6pm Fri 8am-6pm, local rate)
rocksteadymusicschool.com

Find out what some parents have said about Rocksteady! →

It's a great experience for any child and I have been really blown away with what the children have achieved.
Natalia

My daughter comes home excited to tell me what she has learnt. She has a confidence in her own abilities that she didn't have before.
Ashleigh

Rocksteady has created a space where young musicians can truly thrive. Not just musically, but personally as well.
Merlyn

My son is full of praise and joy when he talks about his Rocksteady lessons. It's spot on for teaching music and making it fun.
Alex

My child struggles with school due to anxiety, but Rocksteady really boosts his confidence at a difficult time. I wish he could do it more than once a week!
Louisa

My child has an amazing time and really enjoys making new friends whilst learning to play the keyboard.
Rachel

BOOK YOUR CHILD'S PLACE ONLINE!



0330 113 0330
(Mon-Thurs 8am-6pm Fri 8am-6pm, local rate)
rocksteadymusicschool.com

TRINITY 

Rocksteady Music School Ltd. Registered in England No. 1015012



Healthy Lunch Boxes



- Eating a healthy lunch keeps gums and teeth healthy
- A healthy lunch box should include fruit, vegetables, carbohydrates and protein
- Choose foods in a variety of colours, finger foods and crispy snacks to make your lunch box more appealing



Lunch Box Ideas

See <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

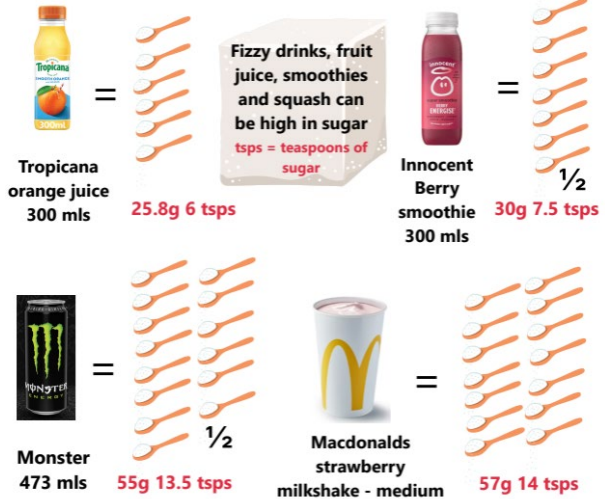
Salmon and salad bagel, rice cakes, grapes, semi-skimmed milk	Tuna and bean salad, satsuma, malt loaf, semi-skimmed milk
Spicy chicken and salad wrap, peaches/strawberries, homemade popcorn with cinnamon, sugar-free orange drink	Hummus dip with pitta bread and vegetable sticks, banana, sugar-free jelly, water

Copyright CDS Oxford Health NHS Foundation Trust



Sugary drinks and oral health

Did you know?...

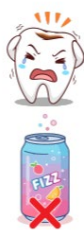


Swap to water or milk



Sugary drinks and oral health

Did you know?...



Keep sugary/fizzy drinks to mealtimes only

Swap sugary/fizzy drinks to water or milk



Or



Or



Respect

Resilience

Kindness

Creativity

Inclusivity

Teamwork



TARGET NETBALL ACADEMY

EST. 2024

OCTOBER HALF TERM NETBALL CAMP

TWO DAYS OF NETBALL, SKILLS AND FUN
TO DEVELOP, LEARN AND PLAY!



TUESDAY 27TH &
THURSDAY 29TH OCTOBER



OXFORD HIGH SCHOOL



9:00AM – 3:00PM



AGES 8–13 YEARS



£40^{PP}



IMPROVE
YOUR SKILLS &
CONFIDENCE



LEARN
FROM EXPERIENCED
COACHES



FOCUS
ON TECHNIQUE,
TACTICS &
GAME PLAY



FUN
FRIENDS,
TEAM SPIRIT &
GREAT ENERGY!

SIGN UP TODAY!



VISIT
[TARGETNETBALLACADEMY.CO.UK](https://targetnetballacademy.co.uk)



EMAIL
[TARGETNETBALLACADEMY@GMAIL.COM](mailto:targetnetballacademy@gmail.com)



INSPIRE.
LEARN.
ACHIEVE.

Respect

Resilience

Kindness

Creativity

Inclusivity

Teamwork



CHILDRENS KARATE CLASSES

BOTLEY



TUESDAYS & THURSDAYS
BOTLEY SCHOOL
OXFORD, OX2 9JZ

OSTMA LIONS | AGES 3 - 5
THURSDAYS 3.45PM - 4.15PM

BEGINNER KARATE | AGES 6+
TUESDAYS 3.45PM - 4.30PM
THURSDAYS 4.15PM - 5PM

CONFIDENCE - FITNESS - DISCIPLINE - FUN

FREE TRIAL

BOOK YOUR FREE TRIAL TODAY

✉ Tomwd@ostma.co.uk

☎ 07464 631446



OXFORD
ATHLETIC FC

SQUAD PLACES AVAILABLE

WELCOMING U11 PLAYERS (CURRENT YEAR 6)

⚽ JOIN OXFORD ATHLETIC FC ⚽

- ✓ WELCOMING ALL ABILITIES
- ✓ BUILD YOUR CONFIDENCE
- ✓ GREAT PEOPLE, GREAT ATMOSPHERE,
GREAT FOOTBALL

Interested in joining?

✉ club@athleticfootball.co.uk

☎ 07423 711776

🌐 www.athleticfootball.co.uk



WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/HMY/

Family Learning

families Learning Together

Abingdon
& Witney
College

Oxfordshire
Adult
Learning

We offer a range of **FREE** community courses for parents and carers across Oxfordshire.

If you are a school, early years setting, family/community centre or charity please get in touch and we can arrange to deliver one of the courses below at your centre or even create a bespoke course to meet the needs of our stakeholders.

Courses include:

Family Learning ESOL
Keeping up with English and Maths
Year 5 and 6 Maths for Parents
Phonics and Reading for Parents
Managing Feelings and Behaviour
Effective Communication for SEN



☎ 07795 551021

✉ OAL@abingdon-witney.ac.uk

www.abingdon-witney.ac.uk

VOLUNTEERS NEEDED

Looking to contribute to your local community, while gaining valuable skills and experience in a supportive work environment?



We run youth groups for autistic young people and we're looking for volunteers to get involved with supporting our young people in activities and socialising in a fun and safe environment

We have two youth groups:

- Seniors (13-17 years) - Friday 6:30pm to 8:30pm
- Juniors (8-12 years) - Saturday 10am to 12pm

Wolvercote Young People's Club,
OX2 8AU



If you're interested in volunteering at one or both of our youth groups:
Please email us at
info@and-oxfordshire.co.uk



**Youth groups
for autistic
young people
without
intellectual
disabilities**

An inclusive space to develop independence, friendships & social skills...



...run by a specialist, experienced team providing a safe, fun and structured environment...

... based in
Wolvercote Young
People's Club



Juniors (8 - 12 years)
Saturdays
10:00am - 12:00pm

Seniors (13 - 17 years)
Fridays
6:30pm - 8:30pm

Contact us at
info@and-oxfordshire.co.uk



Respect

Resilience

Kindness

Creativity

Inclusivity

Teamwork

POUND FASHION

Clothing fashion

DESIGNER BRANDS

MEGA SALE

Michael Jackson
Free
Tea coffee cakes and
biscuits

Preloved

EVERYTHING £1

Vintage
Retro

garybellamy7@hotmail.co.uk

Tel: 07835 303210

17th October 2026

Mega sale

£1 only
SALE

9am to 12-30

ST PETER & ST PAUL CHURCH,
WESTWAY, BOTLEY,
OX2 9JY

Pound fashion

MOZART
SYMPHONY ORCHESTRA

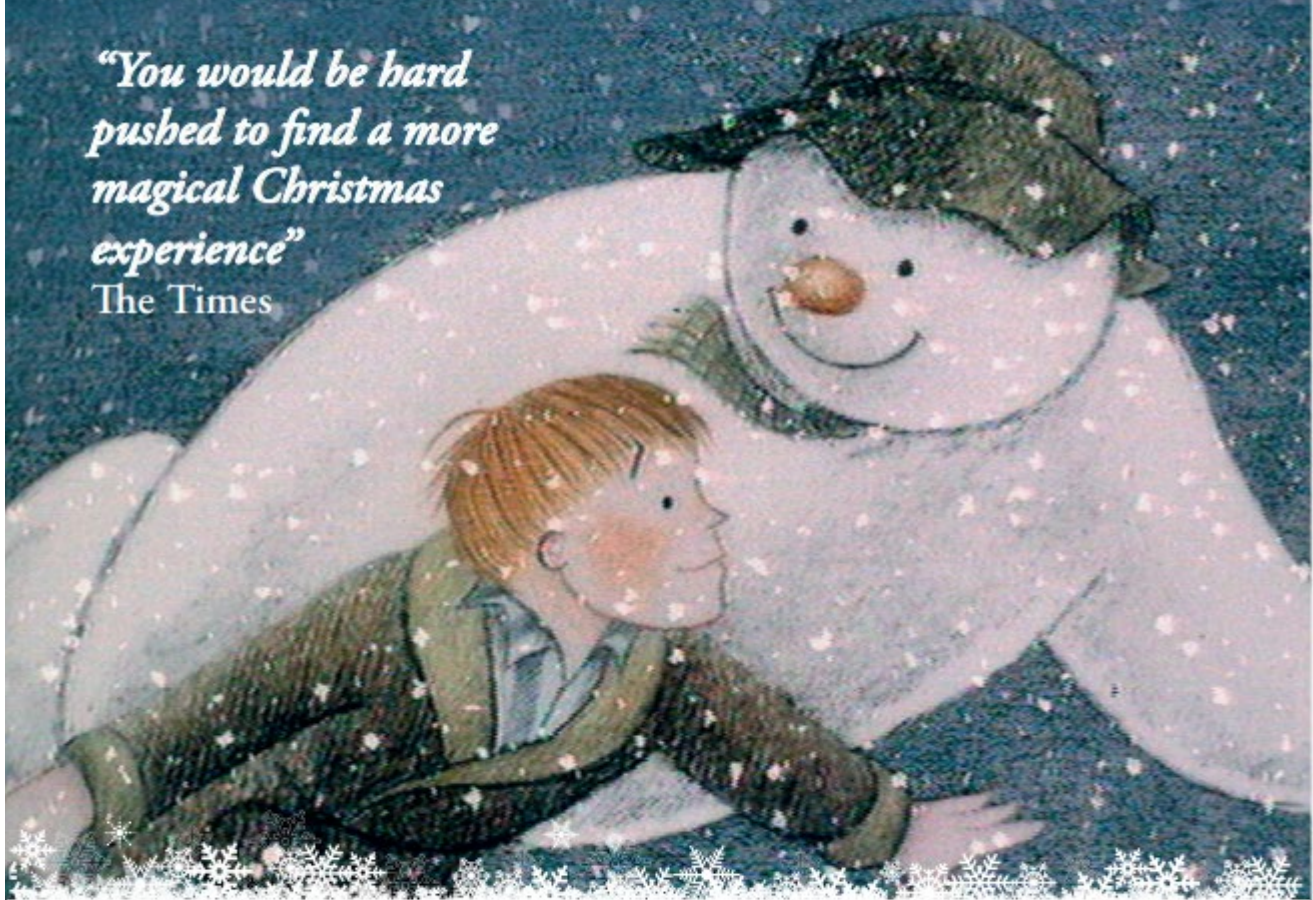
CONDUCTOR: PHILIP MACKENZIE
SOPRANO: ALICE MACKENZIE

HOWARD BLAKE

The Snowman

Projected onto a large screen with a live orchestral accompaniment
Chappell: Paddington Bear's first concert

*"You would be hard
pushed to find a more
magical Christmas
experience"*
The Times



CADOGAN HALL
Sunday 20th December at 13:30 & 16:30
cadoganhall.com or 020 7730 4500

BRISTOL BEACON
Tuesday 22nd December at 14:00
bristolbeacon.org or 0117 203 4040

SHELDONIAN THEATRE, OXFORD
Monday 21st December at 13:30, 15:30 & 17:30
ticketsoxford.com

CHELTENHAM TOWN HALL
Wednesday 23rd December at 13:30 & 16:30
cheltenhamtownhall.org.uk or 01242 528764

All orders subject to a transaction fee unless made in person

© Snowman Enterprises Limited "The Snowman" by Raymond Briggs is published by Puffin. Image © Snowman Enterprises Ltd www.thesnowman.com

COME & TRY NETBALL

INTRODUCING
NEW SESSIONS
FOR YEAR 4, 5
AND 6!

ABINGDON CENTRE
JUNIOR NETBALL CLUB

ALL PLAYER
LEVELS WELCOME! ★

MONDAYS 6 - 7PM
JOHN MASON SCHOOL, ABINGDON

A FUN AND FRIENDLY CLUB
FOR PLAYERS AGED 8 - 18.



CONTACT:

acj.netball.club@gmail.com

TO SIGN UP FOR YOUR FREE
TASTER TODAY!



TRY A CLASS
FOR FREE



Now showing, **CONFIDENCE!**

Drama, dance & singing classes
designed to help 4-12 year olds shine

"My son has adored his first term at Perform.
He has blossomed and I've seen his confidence grow every week."*

Pippa Worthington



Play is a **POWERFUL THING**

Perform classes help boost children's **confidence, concentration, coordination** and **communication** skills, as well as being lots of fun.

Our expertly designed drama, dance and singing sessions for 4-7s and 7-12s are run by experienced teachers, hand-picked for their warmth and approachability. They'll be with your child every step of the way - inspiring and encouraging them to develop vital life skills as they discover the joy of performing.

What does Perform offer?

- Performing arts-based games and exercises
- Focus on a different social skill each week
- Small classes and feedback on your child's progress
- Specially created scripts, videos and apps
- End of term presentation for family and friends

"Perform helps develop all key areas of a child in a fun, supportive and engaging way. It gives my daughter a brilliant sense of fun, community, purpose and pride in her achievements."*

Begum Bari

Ready to try for free?

Your child's first class is free, so why not give it a go? Classes take place all over, have a look online or call us:



perform.org.uk/try 020 7255 9120

WEEKLY NETBALL DEVELOPMENT SESSIONS

OXFORD | STARTING FEBRUARY

For keen netballers looking to level up

- 1.5 hours • Once a week
- Age groups on different days
- Monthly training blocks

WHAT WE FOCUS ON

Skills • Tactics • Confidence • Game IQ
Development for school,
county & franchise pathways

WHY THIS IS DIFFERENT

- ✓ Complements club netball
- ✓ High-quality coaching
- ✓ Designed for committed players
- ✓ No clashes with club training

INTEREST NOW OPEN!

Email your interest:
targetnetballacademy@gmail.com



MINIS AND JUNIORS

Free taster sessions available for children aged 5-12

Every Sunday, 10:30 - 12:00



WE ARE LOOKING FOR NEW PLAYERS

enquiries@oxfordrfc.com

Oxford RFC, North Hinksey Village, OX2 0NA

FUN FOOTBALL SESSIONS

West Oxford Community Centre

Tuesdays • Term-time

Session 1 : 4.00pm - 4.45pm (Years 1-3)

Session 2 : 5.00pm - 5.45pm (Years 4-6)

For girls & boys (ages 5-11)

- Skill-building games
- Confidence & teamwork
- Friendly coaching • All abilities welcome

Contact Coach Sowah:
akporsowah2@gmail.com
07900 831832



Supported by WOCA



Small steps
Big difference

Music
Brings People
Together

4The Music برای موسیقی

Creativity • Connection • Wellbeing
خلاقیت • ارتباط • تندرستی

A welcoming space for music lovers,
poets, songwriters and musicians.

فضایی دوستانه و پذیرا برای دوستداران موسیقی،
شاعران، ترانه‌سرایان و نوازندگان.



Play & Create
بناویم و بیافرینیم



Meet & Share
با هم آشنا شویم
و تجربه‌ها را به اشتراک
بگذاریم



Feel Better
حال بهتری
داشته باشیم



For more information
and the session timetable,
please text or email:

برای اطلاعات بیشتر و برنامه جلسات،
لطفاً پیامک یا ایمیل بزنید:
admin@ICN-uk.org
07951 035096



Support Our Activities
حمایت از فعالیتهای ما

Donations are welcome.

کمک‌های مالی با خوشحالی پذیرفته می‌شود.
Bank: Lloyds Bank
Account Name: Iranian Community Network
Sort Code: 30-99-50
Account Number: 74281268
Reference: 4 The Music



A more connected community, a brighter tomorrow
جامعه‌ای پیوندخورده‌تر، آینده‌ای روشن‌تر

www.ICN

FILM • MUSIC • DISCUSSION • PERSIAN FOOD

فیلم • موسیقی • گفت وگو • غذای ایرانی

SAT 17 OCT

شنبه ۱۷ اکتبر ۲۰۲۴

2:00 - 7:00 PM

ساعت ۲ تا ۷ عصر

WORLDING, 65-69

County St, SE1 4AD



Voices of hope
صدای امید

ART EXHIBITION BY CHILD
LABOURERS IN IRAN



Featuring films by director Solmaz Gholami
با نمایش فیلم‌هایی از کارگردان، سولماز غلامی



Small steps
Big difference

Feel better
Live well
حال بهتری
زندگی

Wellbeing Classes

Chronic Pain Management at Your Fingertips

مدیریت درد مزمن در دستان شما

A free 3-Session Taster Workshop
in Self-Massage & Home Care

کارگاه آشنایی رایگان در ۳ جلسه
ماساژ شخصی و مراقبت خانگی

Practical skills and support to help you manage pain
and improve your everyday life.

مهارت‌های عملی و حمایت برای کمک به مدیریت درد
و بهبود زندگی روزمره شما.



Led by Dr Zhidao Xia

با هدایت دکتر ژیدائو شیا
A retired orthopaedic expert with extensive
experience in musculoskeletal health.
متخصص ارتوپدی بازنشسته با تجربه گسترده
در سلامت اسکلتی-عضلانی.

3 SESSIONS | ۳ جلسه

1

Introduction,
Pain Mechanics & "The Taste"
آشنایی، سازوکار درد
و "حس درد"

2

Self-Care & Daily
Pain Relief (Self-Massage)
مراقبت از خود و کاهش درد
در زندگی روزمره (ماساژ شخصی)

3

Family Support —
Relaxation & Soft-Tissue Release
حمایت خانواده —
آرامسازی و آزادسازی بافت‌های نرم



For the session timetable and more information,
please text or email:
برای برنامه جلسات و اطلاعات بیشتر
لطفاً پیامک یا ایمیل بزنید:

admin@ICN-uk.org
07951 035096



Support Our Wellbeing Project
حمایت از برنامه‌های سلامتی ما

Donations are welcome.
کمک‌های مالی با خوشحالی پذیرفته می‌شود.

A healthier community, a brighter tomorrow
جامعه‌ای سالم‌تر، آینده‌ای روشن‌تر

www.ICN



NHS
Oxford Health
NHS Foundation Trust

Tooth-brushing toddlers, we need you!

Tell us about your toothbrushing habits and what help you need to keep teeth healthy.
(you can ask a grown-up to help...)




Smile
Month

NHS
Oxford Health
NHS Foundation Trust



50 Years Celebrating Smiles

11th May -
11th June 2026



Follow these **3 steps** to keep your teeth and gums happy this Smile Month:

1



- Brush your teeth twice a day for 2 minutes, once before bed and at one other time
- Use a family fluoride toothpaste
- Spit don't rinse

2



Cut down on how often you have sugary foods and drinks

3



Visit your dentist every 6 months or as often as recommended

=



NHS
Oxford Health
NHS Foundation Trust

How can I look after my oral health and support others this Smile Month?

To find out more please scan the QR codes below to watch these 4 videos.

What is Smile Month? Why is oral health important?

SCAN ME



How can I look after my oral health?

SCAN ME



How can I support the oral health of someone living with dementia?

SCAN ME



How can I support a child who is reluctant to brush their teeth?

SCAN ME



Smile
Month

50 Years Celebrating Smiles

11th May -
11th June 2026