

Botley School

Dear Parents/Carers,

Oxford Half School's Challenge



Once again, an enthusiastic group of Botley students gathered in the city centre early on a Sunday morning to take part in the Oxford Half Schools Challenge. With 27 runners taking part, this was our largest group in several years. From the moment we met at 8am and gathered in Balliol College before the start, the children were keen to get going and represented Botley School brilliantly. After dedicating three break times each week to their training, the runners were eager to complete their final mile in front of cheering crowds. They all rose to the occasion, crossing the finish line with smiles on their faces and a real sense of achievement. Everyone performed amazingly and were delighted to receive their medal. A big thank you to Miss Doran, Mrs Paterson, Miss Thomas and Miss Rennie for their support and help in ensuring the event ran so smoothly.

On Friday we celebrated the opening of our Clamber Castle with special guests from Botley and North Hinksey Parish Council, the Stonegarth Fund, Rotary Club Oxford North, FOBS, Thames Valley Water Services and Bidwells. All these organisations, and others, contributed to the fundraising and enabled us to reach our goal of £28,500. We are so delighted to see the children enjoying the Clamber Castle every break and lunchtime, and our guests could see just how enthusiastic they are about our new addition!



On a particularly busy Friday, we also welcomed our Governors for our termly Governor day. The governors come to talk to staff, find out how we are moving the school forward, and spend time in the classrooms to see this in action.

And finally, thank you to FOBS and to the teams that came along for a really enjoyable quiz night on Friday evening.
I hope you all had a wonderful weekend.

Mrs Reid

FOBS Firework Planning meeting - tonight!

<https://teams.microsoft.com/meet/3730191737355861?p=qbhgY24TkMMomjbqJR>

Upcoming Events

- 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.

FOBS fireworks planning meeting, 7pm on Monday 19 October:

<https://teams.microsoft.com/meet/3730191737355861?p=qbhgY24TkMMomjbqJR>

Parent Meetings 3rd & 4th November

Parent-teacher meetings will be held on 3rd and 4th November and you can book your meeting time on MCAS. These meetings are a great opportunity to discuss your child's progress with their teacher.

The meetings are all online, they are 10 minutes long, and the deadline for booking is 12 noon on Monday 2nd November. Please try to book before half-term if possible.

The link to your online meeting will be sent to your inbox on the afternoon of Monday 2nd November. If needed, please check your spam/junk folders etc for your meeting link. If you don't yet have the MCAS (MyChildAtSchool) app you will need to go onto the MCAS website to book your appointment. If you are having trouble accessing MCAS or booking an appointment, Philippa/Sarah in the front office can book an appointment for you or you can email office.2569@botley.oxon.sch.uk

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 Commitee

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>)



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: LEELULANDGUITAR@GMAIL.COM

W: WWW.LEELULANDGUITAR.COM

rockschool 





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.

30+ 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

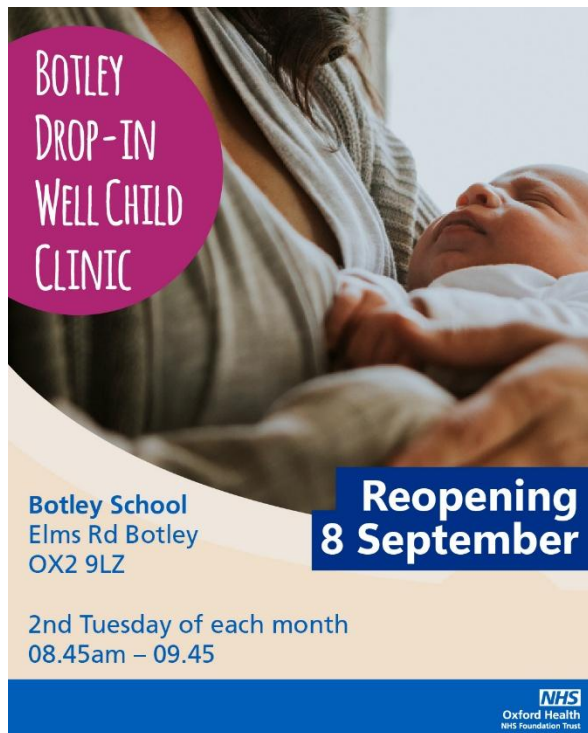
JOIN US THIS OCTOBER
SPACES FILL FAST!

BOOK NOW!

eliteyouthsports.co.uk

ELITE

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?

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-8pm Fri 8am-6pm, local rate)
rocksteadymusicschool.com

Find out what some parents have said about Rocksteady! →

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

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

Merlyn

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

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-8pm Fri 8am-6pm, local rate)
rocksteadymusicschool.com

TRINITY
College London
Rocksteady Music School Ltd. Registered in England No. 1075312



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

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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

NHS Oxford Health
NHS Foundation Trust

CAMHS
Child and Adolescent
Mental Health Service

OXFORDSHIRE WE ARE WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

We Walking with You on your Parent/Carer journey
A warm, parent-led group for anyone caring for a child or young adult (up to age 25) facing mental health challenges.

Connect • Share • Learn Join us online or in person for relaxed, insightful sessions led by:

- Parent Peer Support Workers
- Social Prescribers
- CAMHS Mental Health Professionals

Explore topics around mental health and neurodiversity in a safe, welcoming space.

★ Plus: Special Guest Events Hear from professionals and services across the field! and getting out in nature.

TO REGISTER FOLLOW THE LINK OR QR :



[WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/HMY/](https://www.oxfordhealth.nhs.uk/camhs/involvement/oxon/hwy/)



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

Family Learning

Families Learning Together

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 your 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

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

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

Pound fashion

MOZART
SYMPHONY ORCHESTRA

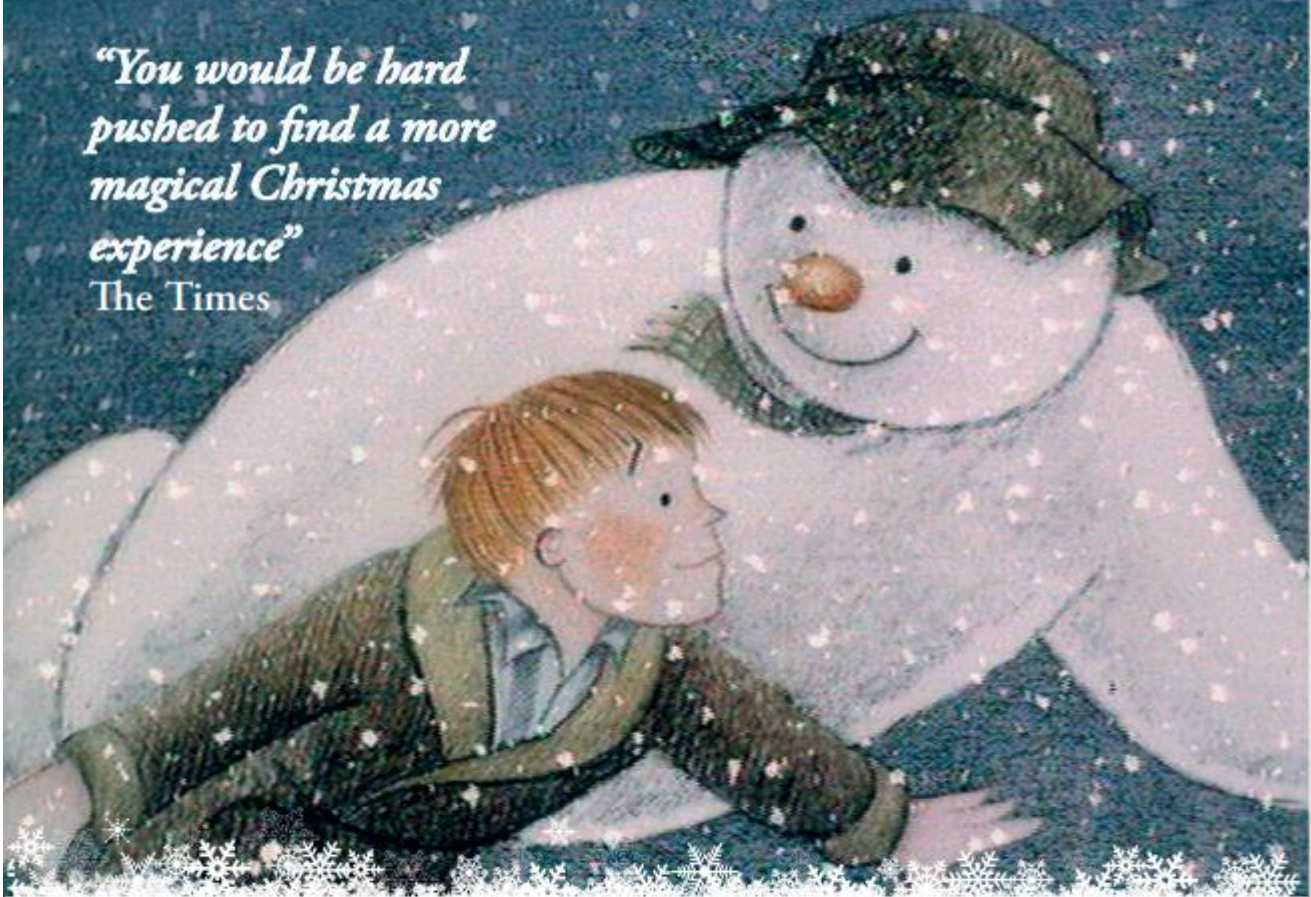
CONDUCTOR: PHILIP MACKENZIE
SOPRANO: ALICE MACKENZIE

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

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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 Withton



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
موسیقی
ما را به هم پیوند می دهد

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، ترانه سرایان و نوازندگان.



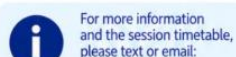
Play & Create
بناویم و بیافرینیم



Meet & Share
با هم آشنا شویم
و تجربه ها 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،
لطفا پیامک یا ایمیل بزنید:

admin@ICN-uk.org
07951 035096



Support Our Activities
حمایت از فعالیت های ما

Donations are welcome.

کمک های مالی با خوشحالی پذیرفته می شود.
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
جامعه ای پیوند خورده تر، آینده ای روشن تر

www.ICN-uk.org

FILM • MUSIC • DISCUSSION • PERSIAN FOOD

فیلم • موسیقی • گفت وگو • غذای ایرانی

SAT 17 OCT

شنبه ۱۷ اکتبر ۲۰۲۲

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 فیلم هایی از کارگردان، سولماز غلامی



Small steps
Big difference

Feel better
Live well
حال بهتر
زندگی بهتر

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.

مهارت های 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 —
آرام سازی و آزاد سازی بافت های نرم



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

admin@ICN-uk.org
07951 035096



Support Our Wellbeing Project
حمایت از برنامه های سلامتی ما

Donations are welcome.
کمک های مالی با خوشحالی پذیرفته می شود.

A healthier community, a brighter tomorrow
جامعه ای سالم تر، آینده ای روشن تر

www.ICN-uk.org



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...)




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







NEW DANCE CLASSES IN SUMMERTOWN

Every Thursday
Dance studio – Ferry Leisure Centre, Summertown

Age 7-12 years	4:45 - 5:45 pm
Teens	5:45 - 6:45 pm

→ NOW ENROLLING – BOOK YOUR PLACE TODAY!

✉ info@flairdancestudio.co.uk
☎ 07798 842123

🌐 flairdancestudio.co.uk



Half-Term Workshops!

Day	Ages 7-11	Ages 11-16
Monday	Making Comic Books and Storytelling (ages 7-13)	Stage Combat (ages 14-18) 11am-3pm
Tuesday	Make Alice in Wonderland in Day!	Puppets and Puppetry
Wednesday	Stop Motion Animation	Costume and Set Design
Thursday	Giggle Club	Stop Motion Animation
Friday	Make a Spooky Play in a Day	Make a Scary Film in a Day



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

OCTOBER HALF TERM EVENTS

THE STORY MUSEUM

We have plenty of exciting events happening this October Half Term to fill your holidays with story fun!

**10 CHILDREN WHO CHANGED THE WORLD
WITH PATERSON JOSEPH AND BEN PARK**
SAT 24 OCT 14:30 • AGES 7+

THE MYSTERY OF THE STORY MUSEUM
TUE 27 OCT 12:00 & 14:30 • AGES 8+

CRIME SCENE SCIENCE FAMILY WORKSHOP
THU 29 OCT 11:00 & 14:30 • AGES 5+

LITTLE MISS MARPLE: MUDDLE AT THE VICARAGE
FRI 30 OCT 11:00 & 14:30 • AGES 4+

COMIC CLUB & COMIC CLUB PLUS
SAT 31 OCT 11:00 (AGES 8-11) & 13:30 (AGES 12-16)

BOOK HERE:





Oxford Health
NHS Foundation Trust



Child and Adolescent
Mental Health Service

OXFORDSHIRE WE ARE WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

We aim to walk with you on your Parent/Carer journey
A warm, parent session for anyone caring for a child or young
adult (up to age 25) facing mental health challenges.

Connect • Share • Learn Join us online or in person for relaxed,
insightful sessions led by:

- Parent Peer Support Workers
- Social Prescribers
- CAMHS Mental Health Professionals

Explore topics around mental health and neurodiversity in a
safe, welcoming space.

★ Plus: Special Guest Events Hear from professionals and
services across the field! and getting out in nature.



TO REGISTER FOLLOW
THE LINK OR QR :



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