

Newsletter



11

Friday 4th February 2022



Oak Class enjoyed making (and eating) Challah Bread to celebrate Rosh Hashanah.



Office.3651@st-peters.oxon.sch.uk



01865 880443



www.st-petersoxon.co.uk



THANKS FOR REMEMBERING THIS IS A



PEANUT/NUT FREE SCHOOL

We currently have two children who have serious nut allergies. Please remember that we don't allow any nuts or nut products in school. **This includes Nutella.** Thank you for helping us to keep St Peter's School a safe place.

Class Representative

We will be introducing **pupil class representatives** as a way of better enabling us to hear the voice of children in the school. The class reps will be someone who children can share their ideas, thoughts and concerns with, who can then relay these to the teacher. In assembly this week, the children agreed that this would need to be someone who is thoughtful, responsible, respectful, a good listener, kind and considerate. We have asked the children to think about whether they would like to apply to be a class rep, here is what they will need to do to apply:



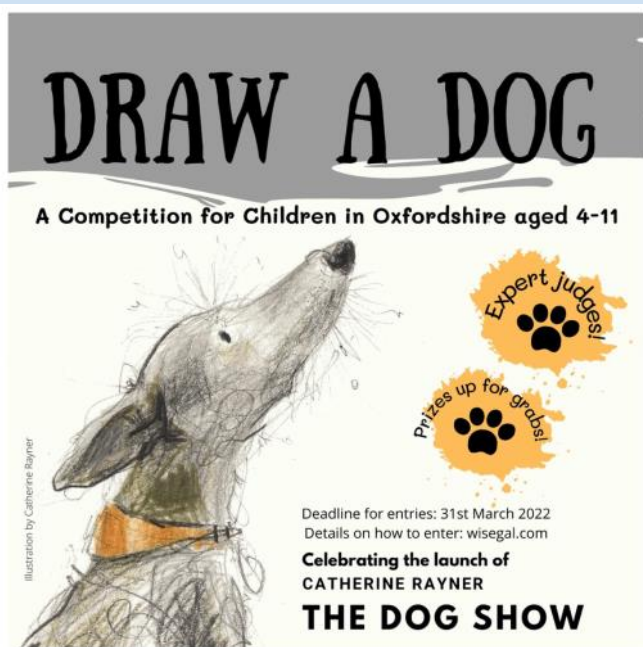
Class Representative

- **Write a short statement about why they would like to be class rep**
- **State how they think they show the qualities they have said the class rep needs to have**
- **Bring their statement in to their teacher on Monday and put their name on it**

The teachers will then read out the statements anonymously to their class. Children will have a blind vote for the statement which they think will give them the best person as class rep. The child with the highest number of votes will be the class rep and the person in second place will be their deputy.

Competition!

Go here for more details - <http://www.wisegal.com/news/144-draw-a-dog-draw-a-dog-a-competition-for-children-in/>



DRAW A DOG
A Competition for Children in Oxfordshire aged 4-11

Illustration by Catherine Rayner

Expert judges!

Prizes up for grabs!

Deadline for entries: 31st March 2022
Details on how to enter: [wisegal.com](http://www.wisegal.com)

Celebrating the launch of
CATHERINE RAYNER
THE DOG SHOW



SPSA
St Peter's School
Association

SPSA meeting

**Tuesday 8th February at 8pm
in The Red Lion, Cassington.**

All welcome!



Many thanks to all the chicken leader families who came to help build the chicken run on Saturday. We will get the coop built during next week. Hopefully then it won't be long until we can welcome rescue hens from the [British Hen Welfare Trust](#)!

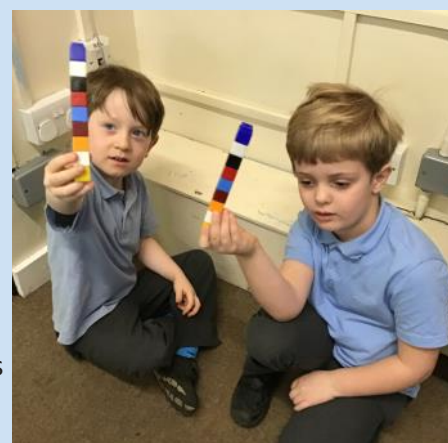


Maths



Since coming back to school after the Christmas break, during the first half of the week we have worked on addition, subtraction, multiplication, division and fractions. At first the children found fractions a tricky concept, however, they have all worked really hard and now have good knowledge of how to find fractions of amounts, objects and shape. It's great to see that the children are all really keen to use the methods we have already learnt in class. In our Thursday and Friday Maths lessons, we have been learning about money. The children have done a great job at recognising the value of different coins and notes. Year 1 children have focused on being able to count out the coins needed to buy particular items and have been able to show different amounts of money using a variety of combination of coins. The main coins they have

used have been 1s, 2s, 5s and 10s however they have also made use of 20ps and 50ps. This unit has given us some good practice at counting in 1s, 2s, 5s and 10s which the children have done brilliantly at. The Year 2 children have worked with both coins and notes to show different amounts of money. They have done really well at adding up amounts of money and latterly have been able to find amounts of change. In doing this, Year 2 children have thought about the methods that they use for working a subtraction sentence. They have jumped back on a number line and on a hundred square. The children have applied some good reasoning, being able to explain how they know an answer is either right or wrong as well as explaining how they worked it out. We are coming to the end of our unit on money and will shortly be starting some work on statistics (tally charts and pictograms etc). I am sure the children will keep their money skills honed by keeping track of any coins that they collect in their piggy banks at home!



Whole Class Reading and Big Write

'Peter Pan and Wendy' is one of the stories we have used during Whole Class Reading. We started in week one by reading the first chapter of our book, then predicting what would happen next. The children had some very imaginative ideas! For the following 2 weeks work we read the 2nd and 3rd chapter and we then used our comprehension skills. The children wrote the key points of the story so far in the order they happened. We have been using the story There's a Tiger in the Garden in our Literacy lessons at the end of the week, recently. The children worked hard to produce a book review of the story, considering whether they would recommend it to a friend and why. Oak class have been working really hard on their writing skills this term. They wrote excellent descriptions of the main character Nora from There's a Tiger in the Garden. Keeping with the tiger theme, last week, the children wrote the most fantastic descriptive sentences based on this image of a tiger. They had some fabulous ideas comparing the eye of the tiger to a crystal or a marble. The children wrote their own similes to describe the colour of the tiger's fur or its whiskers. Their imaginations really were on fire last Friday! Here are some snippets of the descriptions that children in Oak class wrote:



"The tiger's orange fur looks like a shot from the sun. The black fur is as black as wood that's been burnt in a fire that has gone out."

"The eye is as green as a crystal I have seen before. She has whiskers as pointy as a needle."

"The tiger has glaring green eyes."

"He has petrifying eyes."

"His glassy eye is fierce."

"He has green terrifying eyes, teeth and gleaming eyes."

"A tiger has petrifyingly magnificent eyes a bit like a marble."

R.E



In our R.E lessons this term we are thinking about New Year celebrations and whether they are important or not. At the very start of the term the children thought about some of their hopes for 2022 along with some new things they were going to aim for this year. I wonder how many of those new resolutions are still intact five weeks on? We have been finding out about the Jewish festival of Rosh Hashanah which is a celebration of a new year. The children created their own information hotspots of key words associated with Rosh Hashanah. We collated these in our class reflection book. When finding out about the food that is eaten at Rosh Hashanah the children had a go at making some sweet white bread, in the style of challah bread. The children expertly mixed and kneaded the dough before forming it into a circular shape roll. You might want to ask anyone in Oak class why the challah bread made at Rosh Hashanah is in the shape of a circle. I'm sure they could tell you! The children were very keen to make some extra challah bread to share with Emily and Mr Jeffries! Whilst making the bread, there were many requests from the children for them to be able to make some for their brothers and sisters at home. Oak class are always thinking of others!



Science

In Science this term our topic is Animals including Humans. We have focused particularly on Humans, how we change as we grow as well as what our five senses are. We have thought about the basic needs of humans and animals and discussed what else we need other than food, water and air to be happy and healthy. Thinking about the basic needs of animals, the children have designed a home for a pet that would provide everything that it needs. Next week, we are going to have our Busy Time in Science where there are several different activities for the children to choose, all based on our learning about animals and humans. One of the activities will be making a model of their design for a pet home, so be prepared for some wonderful creations to be coming home next Friday!



Art

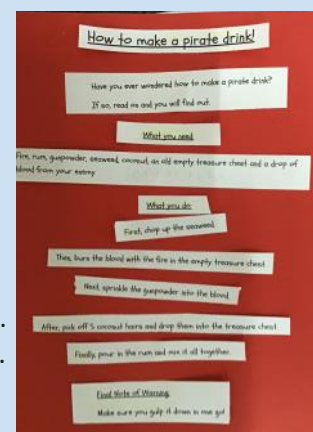
The standard of the Art this term has been absolutely amazing! We have work on pencil sketching and using our scientific eye again. The children have also used clay and paint this term so far. This week we have ventured to the swamp to start an exciting Art project called 'A Year in Nature' we have spent time taking in the environment around the swamp and taken that back to produce some work using collage.

English

During our English lessons, we have worked really hard on how instructions are put together. The order key features of instructional text should be written and how to make instruction writing more interesting by adding a hook line or leading question. We have written some brilliant instructions on 'How to make a Pirate drink' the children have had some fabulous ideas about what to include in our ingredients.

Topic

In our topic lessons we have been concentrating on historical events and the seven continents. We have used a compass to find directions on a map and also drawn our own maps with a key. The children have also learnt facts about pirates and the ships they sailed.





Year 1 2017 January 2017 Literacy
 (1) To recognise the order of an instruction list
 Activity 1 To cut out the pictures from the instruction list
 Activity 2 To cut out the pictures from the instruction list and put the correct order
 Activity 3 To cut out the pictures from the instruction list and highlight the key phrases
 Challenge Highlight the key phrases

How to make a pirate drink!

Have you ever wondered how to make a pirate drink?
 If so, read on and you will find out!

What you need

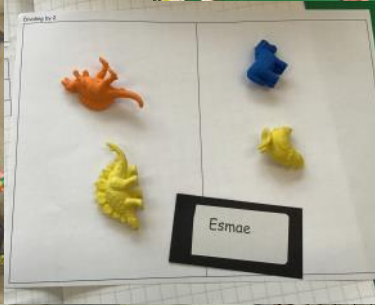
First, run the goggles seawater, covered on an empty treasure chest and a drop of blood from your nanny.

What to do

First, chop up the seawater.
 Then, burn the blood with the fire in the empty treasure chest.
 Next, sprinkle the gunpowder into the blood.
 After, pick off 5 coconut hairs and drop them into the treasure chest.
 Finally, pour in the rum and mix it all together.

How to be a pirate

Make sure you gulp it down in one go!





Isla



Rose



Hania



Adusia



Tomas



Beau



Ivy



Esmae



Abigail



Ottile



Elijah



Arthur



Teddy



Tyler



Poppy



Alex



Julia



Raymond



Finding Our Way

Developing our spiritual life together.



Thank you for all of your amazing entries!

The quality of the entries was phenomenal and it was impossible to choose a winner. To make it fair we had a blind vote amongst staff and the result was incredibly close.

The winning picture by 2 votes was

Freddie Peasley

Our Book Review winners for this fortnight!

Please encourage your child to submit a book review (or as many as they want!) When they bring in a book review, their name goes into a hat and each week Mr Jeffries will draw names to win a book.

If they would like to join in, please see www.st-petersoxon.co.uk/reading/ where you can download book review forms. We also have some printed out in our Reception.

We have special book review forms for Apple Tree, however, their review could also be a picture or a short video uploaded to tapestry.



Instagram



Twitter -

[@mindsthatlearn](https://twitter.com/mindsthatlearn)

Facebook -

Minds That Learn



We would love for you take part in this project!

1. Talk to your child about **what hobby/activity in their life teaches them the most.**
2. Choose a picture of your child doing something outside of school that really captures a bit of their personality/hobby etc. This can be non-identifiable if you wish i.e. can be with your child's back to the camera.
3. Find a quote from a famous person (or make up your own!) that fits the picture and gives the appropriate message (just google 'famous inspirational quotes', for example)
4. **OR** you could find a quote first that resonates with them then find a picture that shows this
5. Send this to: mindsthatlearn@st-peters.oxon.sch.uk

We will feature these in the newsletter (once a fortnight), add it to our Twitter, Instagram and Facebook pages and also update the 'Minds that Learn' section on the website.

Example quotes you could use:

The time is always right to do what is right (Dr Martin Luther King, Jr)

I attribute my success to this; I never gave or took any excuse (Florence Nightingale)

The most effective way to do it, is to do it (Amelia Earhart)

He who is not courageous enough to take risks will accomplish nothing in life (Muhammed Ali)

Whatever fear I have inside me, my desire to win is always stronger (Serena Williams)



Dear Parent / Carer,

Oxfordshire County Council's Road Safety Team are constantly looking to improve the safety of child pedestrians and so are reviewing the advice and guidance we provide to parents and carers.

To help us achieve this, we are evaluating the effectiveness of the Footsteps (Child Pedestrian safety advice for parents / carers) programme and would like parents and carers to help by completing an online questionnaire.

If you would like to keep your child safer on our roads, please visit [Walking with children | 365Alive](#) where you can download a copy of the Footsteps leaflet to provide you with guidance to support your child in becoming a safer and, eventually, an independent pedestrian.

Once you have downloaded the Footsteps guide, the link to the survey can be found further down the page, please click on the link to complete the short questionnaire which will then help us to keep all children safer.

Thank you.

Oxfordshire Fire & Rescue Service Road Safety Team

Be kind and care Equality and integrity in all we do Taking responsibility Daring to do it differently Always learning

Find out how we're living our values to deliver a better future for Oxfordshire



Dolce schools catering are looking for the following roles within the EPA. Term time only, Monday to Friday

St Peter's

Cook working 22.5 hours per week at £10 per hour. Full training and uniform will be provided

Freeland School

Cook working 22.5 hours per week at £10 per hour. Full training and uniform will be provided

General Assistant at Freeland school working 15 hours per at £8.91 per hour

Please contact martin.perrett@dolce.co.uk for more information.

Awards of the Week

If your child has an award below, you are invited to join us online for our Celebration Assembly next Friday at 9 o'clock. We will email you a link next week.

Class	Special Award Term Focus - Resilience	Star Award
	Madison Winstone- Wagerfield	Henry Dixon Petra Skinner
	Elijah Cooke	Tyler Pollard Hania Koper
	Lucas Cox	Lila Batt Ffion Jones
	Karys Taylor	Jess Delafield Jack Armitage
	Lorelai Taylor, Flora van der Hoorn, Karys Taylor	



A Message From Mr Jeffries



Dear Parents/Carers,

We have been incredibly lucky in having two guests recently for our People Who Inspire Us project. Last Friday we had Stew Thompson from the village coming to talk to the children about the importance of the new school pond and his passion for nature and biodiversity. On Monday we had Perrin Hatwell who came to talk to us about the life of a showman, the commitment involved, and the need to turn your hand to anything when needed. Both guests gave the children much pause for thought in sharing their life experiences and the values that it requires to be successful in what ever you choose to do. See the newsletter and website for the posters with our guests key messages.

In thinking about how children keep themselves safe online, we are going to have a big push in raising awareness on internet safety. The pandemic has resulted in many people spending more time online and we need to ensure our knowledge as a school, parents, children and whole community keep pace with this. We are looking to do this in as informative and fun way as possible – there will be more information on this soon and we hope you will embrace the opportunities that will arise.

The Pupil Leadership Groups are starting to build up a head of steam with their plans for the rest of the year:

- St Peter's Chicken Group - have now built their run (a big thank you to Stella + Mum, Dad and Archie, Oliver + Dad and Maya and Lila + Dad and Mum for the lovely cakes which kept us going last Saturday!),
- Events Team - have now planned for an Easter egg hunt and a summer picnic and reading event.
- Climate Change Group – have planned an assembly to raise awareness of the pond and are considering how best to use and monitor the area
- Charity Leaders – have some great ideas to raise money for the school charity, Marine Conservation Society
- Happiness and Wellbeing Leaders – are organising a calm place for playtimes and are going to introduce a 'happy box'
- St Peter's Fish Group – are going to look at how to improve the environment in the tank and buy more fish!
- Cool Climateers – well, what haven't they been doing!?! They have so much energy, passion and enthusiasm! They are monitoring our energy use and taking action to reduce our carbon footprint and food waste.

The groups will share more information themselves in due course.

Warmest wishes,

Jon Jeffries



Important Dates



Please see the website for more information - <https://www.st-petersoxon.co.uk/diary>

FEBRUARY

Tuesday 8th	SPSA meeting - 8pm at The Red Lion - All welcome!
Wednesday 9th	Oak Class Pirate Day!
Monday 21st	HALF TERM
Monday 28th	Term 4 starts

MARCH

Friday 4th	Stay & Play for 0-4yrs in Apple Tree. £3 per family.
Monday 7th	Height and Weight measuring - <u>Year 6 & Reception</u>
Friday 18th	RED NOSE DAY
Tuesday 29th	Maple trip to Chedworth Roman Villa

APRIL

Friday 1st	Stay & Play for 0-4yrs in Apple Tree. £3 per family.
Friday 1st	iRock concert
Monday 4th	Maple Class Play
Tuesday 5th	Maple Class Play
Friday 8th	1:15pm finish for EASTER HOLIDAYS

CAR PARKING

As a reminder, please do not park on the grass or on the bend by the chequers pub when dropping off or collecting your children. If there is no space in the village hall car park or in the layby on the road, there is usually lots of space in Bell lane. This is just down the footpath by the school. If you aren't sure where, please ask Emily.



PERRIN HATWELL



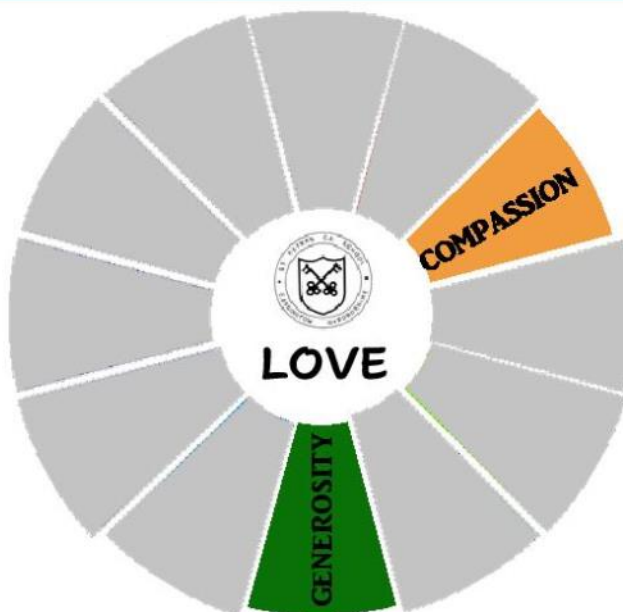
Perrin Hatwell is the 5th generation to be in the family business as a showman running the fair. It isn't a job, it is a way of life. It's hard work with long hours, but very rewarding. Because of Covid, their business stopped. He says that when something unexpected happens in life you cannot give up—you've got to find something else to do. He is a master at adapting to change and became an undertaker when the fair had to stop. Being a showman has changed a lot over the years—there's more paperwork and regulations like health and safety so a good education is needed. Perrin's Dad inspires him because he still works so hard at his age.

GENEROSITY

Perrin believes in always helping people.

He is always ready to lend a hand to anyone.

Being a showman means you're always helping each other—it's the only way to make the business work.



COMPASSION

Always smile and be friendly to be people.

On the fair rides he loves seeing people smiling, laughing and enjoying themselves—it makes his job feel very worthwhile.

He is compassionate to the rides he fixes and brings back to life!

MESSAGE TO US

Be nice and always treat people how you want to be treated yourself

PROF. STEW THOMPSON

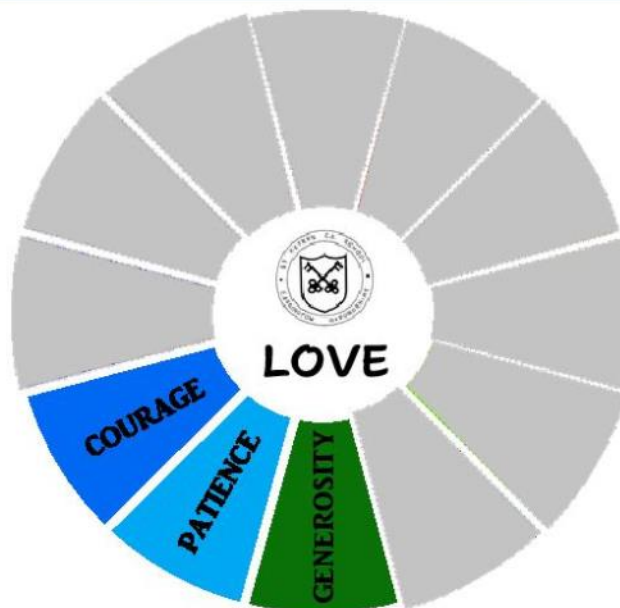


Stew has always loved wildlife and nature right from when he was a little boy. He used to carry a matchbox round with him to be able to take small creatures home from his expeditions. He grew up in a coal mining community so the natural thing for him to do was become a coal miner, which he did. At 24 he decided he wanted to go to university to enable him to get a job involving his passion - wildlife and nature. Stew kept on studying and eventually became a professor where he now enjoys teaching and lecturing about biodiversity and conservation, as well as working on really exciting conservation projects around the world.

COURAGE

Stew has been to many different places around the world including Africa & India.

He has helped catch rhinos and tigers for welfare and research purposes to help them in their habitats. He uses his courage to help the animals.



PATIENCE

Stew shows lots of patience because he knows creating biodiversity takes a lot of time and effort. He is also really patient in the way he talks and explains things to people really clearly.

GENEROSITY

Bonus Value voted by staff!

Stew has spent a huge amount of his time fixing the pond area for us to enjoy and shares his knowledge.

MESSAGE TO US

The only way to save the planet, is by knowing what lives in it.

Young people are growing up in a world where technology has always been present for them, which can have a positive and negative impact on their lives

Digital wellbeing is about how the internet and technology can make us feel.

This includes recognising the impact being online can have on:

- Our emotions,
- Mental health and wellbeing
- Physical health and wellbeing.



Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset.

However, not all online experiences are positive for young people, and this can have a negative impact on how they feel about themselves, their friendships and relationships and even how they see the wider world.

What impacts digital wellbeing?

Any negative online experience could impact a young person's digital wellbeing, but there are some issues that young people tell us are more likely to shape how going online makes them feel.

Digital drama

Falling outs and disagreements within friendships and relationships can often be seen as part of growing up but when these occur online they can become more complicated. The ambiguity of the internet and the fact that we cannot see someone's facial expression or hear their tone of voice can mean that messages and posts are misunderstood.

Desire to 'fit in'

This could be pressure to look a certain way, receive a large number of likes or follows or even pressure to watch and engage with content they may not be comfortable with. For example, on social media young people may encounter highly edited images which portray an aspirational look or lifestyle which are often referred to as 'goals'. The pressure to conform to these 'goals' could leave a young person feeling negatively about themselves and their achievements.

Distressing content

Unfortunately, not all online content is positive and some can have a worrying impact on the digital wellbeing of young people. This content could include upsetting news stories, adult websites like pornography or gambling, discriminatory content or messages or content which promotes self harm or eating disorders. Depending upon the nature of what they have seen sometimes it can be difficult for a young person to reach out for help in understanding what they have seen for fear of judgement or embarrassment.

Screen time and healthy balance

It is likely that young people may engage with technology and the internet for extended periods of time every day/ week. This extended use of the internet has been reported to leave young people more likely to worry about how long they are spending online and what they have seen. It has also been linked to a sense of loneliness amongst young people. When it comes to using technology and the internet it all comes down to quality and not quantity, meaning that we should focus on making our use purposeful, and strike a healthy balance between online and offline experiences.

Top tips for parents and carers

⇒ Talk about how going online can impact our emotions

Make this a regular habit and try to check-in with young people after they've spent time on their devices.

⇒ Use wellbeing tools

For example, lots of devices and platforms offer tools to support digital wellbeing. You may also be able to turn off notifications for apps or use 'mute' or 'do not disturb' modes. Visit the useful links below for more ideas.

⇒ Model healthy behaviour, set boundaries and routines

It is important that young people see adults using technology in a healthy way so model this in your own behaviour.

Using a Family Agreement or establishing a clear routine for younger children can also help set clear boundaries about meaningful use of technology.

⇒ Sign post to appropriate support

It's important that young people know who they can turn to for support, whether this is a trusted adult at home or school or by contacting a helpline.

⇒ Stay informed

It's also important that you know what to do or where to go for help if ever your child does need help with something that is worrying or upsetting them online. Visit our help page for parents and carers for more advice, support and reporting routes.



Conversation starters

- What do you like to use technology for? How does it help you?
- What things make you happy when you use technology?
- What things worry you/ make you unhappy/angry/sad when using technology?
- What would you do if something online upset you? What advice would you give to someone else in this situation?
- How do you think your use of technology impacts your wellbeing? Good or bad?

Useful Links



BE SMART ONLINE



S

SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M

MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

**THINK
U
KNOW**
2018

A

ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R

RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T

TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



Value of the term

Friendship

Child quote of the term

If you are nice to others, positive ripples spread By Isla E

This Week's Big Question

This is the big question that we talked about in collective worship this week.
How about having a discussion about it at home?

How can we show pride in ourselves?

'R' of the Term

Resilience



- I can seek a challenge
- I can do it!
- I can focus on my activity for longer

Resilience

Resilience



I can **show** I am excited by a challenge

I can **choose** to keep going when things are hard

I can **focus** for a longer period of time

I can **develop** and learn from my mistakes



Resilience



- I can **show** perseverance and keep going when times are tough
- I can **choose** to ignore distractions
- I can **demonstrate** enthusiasm for a challenge
- I can **identify** emerging patterns
- I can **apply** concentration for a long time
- I can **develop** and learn from my mistakes

This is about collaboration and working together. Your children will recognise these posters from their class. You may find these useful to use at home and to help reinforce what we are doing in school.



OXFORD
BROOKES
UNIVERSITY

SCIENCE BAZAAR SATURDAYS



Saturday 12 February 2022



Science Bazaar Saturdays presents Mini Science Bazaar Special!
Join us for 3 interactive sessions led by Bright Sparks Science and the Green Room Collective. Why not request your FREE experiment kit to join in from home?
These virtual event are FREE and open to all.
Fun for all the family and most suitable for 5 – 12 years.



Bright Sparks Science Show 11am -12pm

Register at: <https://brookes.zoom.us/meeting/register/tZMlcO-hqTkvhNEmfBldM3TDzVcrZf3-kwvZ>



FREE Experiment Kit

Register at: <https://forms.gle/Pgffp366817ezC6Y7>



Grow your Groove – street dance workshop 2:30pm – 3:30pm

Register at:

<https://brookes.zoom.us/meeting/register/tZEvcOuorjwoGdUW8RpGPBr2pu6DARgb3MSq>



Grow your Groove – Brookes disco 4pm – 5pm

Register at:

<https://brookes.zoom.us/meeting/register/tZwfpuCqpiqvHt3w1-oTn5nBbbtQocWCRmJY>



@BrookesScienceBazaar



@ScienceBazaar



sciencebazaar@brookes.ac.uk



"Girls are welcomed and appreciated for their talent as much as boys"

omell's



JOIN THE SPORT AND #BLURTHEBOUNDARIES

CONTACT INFORMATION:

See Mr Connaughton in school or contact via:
Facebook: @WestOxfordshireLevellersRLFC
Twitter: @WestOxLevellers
Instagram: @westoxfordshirelevellers



"Girls will grow in confidence, strength, balance, agility and discipline if they embrace Rugby and believe in their ability to participate and be welcomed."



JOIN THE SPORT AND #BLURTHEBOUNDARIES.

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JUNIOR BAKE OFF



...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 12



WWW.APPLYFORJUNIORBAKEOFF.CO.UK

**APPLICATIONS CLOSE
SUNDAY 13TH MARCH 2022**

Enquiries:

applyforjuniorbakeoff@loveproductions.co.uk

Please note:

If you'd like anything put into the newsletter, I need it by Friday, **1pm at the latest.** Thank you



Weekly Football Sessions

Oxford City FC (3G Pitches) OX3 0NQ



Mini Hoops

These sessions have a big fun focus and are perfect as an introduction to football or for those who have found their feet and are seeking additional training.

Ages 4-8 (mixed)

**9-10am
Saturdays**

£4 per session

Ages 5-11

**9-10am
Saturdays**

£3 per session

Wildcats Girls Football

Have fun,
make friends,
play football!



Football Development Centres

Training sessions are focussed on technical and tactical development and are designed to challenge players and stretch their competency. We welcome players from teams across Oxfordshire and beyond!

Ages 6-11 (mixed)

Ages 9-12 (girls)

Ages 12-16 (girls)

5-6pm Tuesdays

From £6 per session

**Foundation (mixed)
5-6pm Tuesdays**

**Development (mixed)
6-7pm Tuesdays**

From £6 per session

Goalkeeping Sessions

These sessions are for goalkeepers looking to benefit from additional weekly, focused training. Suitable for ages 7-16.



Register for a free taster session:

0300 3030890 or courses@ignitesportuk.com

Book online at www.ignitesportuk.com



TENNIS IN WITNEY



Sessions for Juniors at
Witney Lawn Tennis Club

Year Born: 2012 - 2010

Wednesday: 5:30 - 6:30pm

Year Born: 2010 - 2008

Monday: 4:30 - 5:30pm

Wednesday: 5:30 - 6:30pm

Thursday: 4:30 - 5:30pm



Year Born: 2009 - 2006

Monday: 4:00 - 5:30pm

Monday: 5:30 - 7:00pm

Wednesday: 5:30 - 6:30pm

Friday: 5:30 - 6:30pm

Friday: 4:00 - 5:30pm

Saturday: 9:30 - 10:30am

Year Born: 2007 - 2003

Monday: 5:30 - 6:30pm

Tuesday: 5:30 - 6:30pm

Thursday: 5:30 - 6:30pm

Friday: 5:30 - 7:00pm

Saturday: 10:30 - 11:30am

Saturday: 11:30am - 12:30pm

**FIRST
SESSION
FREE!**

CHILDCARE VOUCHERS ACCEPTED

07734 059769

info@exceltennis.co.uk

www.exceltennisacademy.co.uk

EXCEL



Tennis
Academy

Tennis in Eynsham



Tennis in Eynsham



Bartholomew School

Saturday:

Ages 4 - 7

• 2:00pm - 3:00pm

Ages 8 - 11

• 3:00pm - 4:00pm

Sunday:

Ages 4 - 7

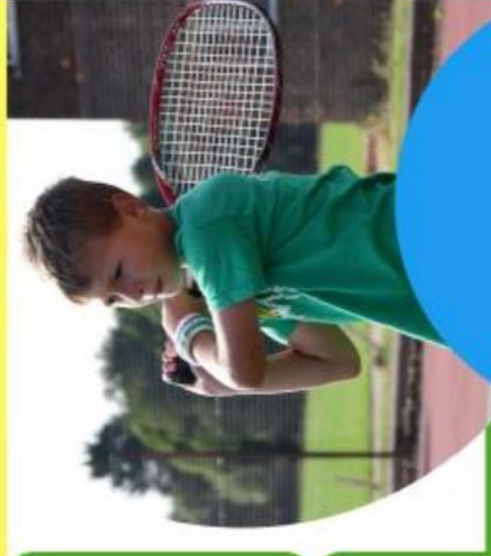
• 9:30am - 10:30am

Ages 8 - 11

• 10:30am - 11:30am

Adults

• 11:30am - 12:30pm



**Pay & Play!
BLOCK BOOKING
DISCOUNTS**

EXCEL 07734 059769

info@exceltennis.co.uk

www.exceltennisacademy.co.uk



Tennis
Academy

Primary School Health Team Newsletter

Term 3 January 2022

This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.

School Nurses



ParentLine 5-11 years

New School Health Nursing messaging service for parents and carers of children 5-11 years attending a state school in Oxfordshire

Coming to Oxfordshire from February 14



Text School Health Nurses for advice on issues such as:

- diet & healthy lifestyles
- toileting
- sleep
- bullying
- support with behaviours
- general and emotional health

We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm, Monday-Friday excluding Bank Holidays. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules.

We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). We might inform other relevant professionals if we were concerned about your safety, but we would usually speak to you first. To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

ParentLine –
number to be
released 14th Feb

Children's Mental Health
week is
7th-13th of February

Children's Mental Health Week is an opportunity to shine a spotlight on the importance of children and young people's mental health, taking place in February each year. Schools, community groups, businesses and individuals come together to raise important awareness and vital funds to help more children and young people get the emotional support they need.

For more information call 0207 923 5506 or email events@place2be.org.uk with any questions.

Covid – the UK has returned to Plan A – more information <https://www.gov.uk/coronavirus>



Bedtime Routine Tips!

Avoid naps after 2pm, switch screens off 1 hour before bed, if snack required toast, cereal, or a milky drink. Consistent bedtime - carry out steps in the same order each night, eg bath, brush teeth, story, lights out. Give lots of praise in the morning!

February 6th is World Time to Talk day



This day draws attention to mental health and the importance of reaching out to others. The day aims to help people open up and be honest about mental health, without the fear and stigma often attached to the topic. It can be daunting to express personal struggles and because of this, many people keep everything bottled up. By opening up, the likelihood of the person suffering seeking help increases, which can be crucial to the healing process. On Time to Talk Day, take the opportunity to ask your children and young people how they are feeling, and allow for an open conversation. As we all know, a problem shared is a problem halved.



Make your own playdough

1 cup of flour
 $\frac{1}{2}$ cup of salt
2 teaspoons cream of tartar
1 tablespoon of vegetable oil
1 cup of water
Food colouring

Playdough benefits social and fine motor development. It can help with imaginary play and is a calming sensory activity, easy to make and lots of fun!

Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health. Single Point of Access (SPA): **01865 902515**

You can also visit <https://youngminds.org.uk/>

YOUNG MINDS

which has a helpline

Or visit

<https://www.familylives.org.uk/>



Safer Internet Day 8th February 2022

Home - Safer Internet Day

Some things are out of our control, but we can create a better internet by always being respectful and kind in our online interactions.

Educate yourself about any app, social media platform or game your child may use, by learning about how it works, what it's for and if it's safe. Search for it on www.net-aware.org.uk for a full guide.

Use this easy step by step guide from **Internet Matters** to set up parental controls on different internet providers using the Parental Controls & Privacy Settings Guide.

Talk to your child about what they may see on the internet and how to make safe choices. *Teaching Your Child about Internet & Online Safety | NSPCC*

1st-7th March is Eating Disorder Awareness week

Like many mental health conditions, eating disorders can thrive off shame, secrecy, and personal stigma. So, it's time to speak up. An Eating Disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much, or too little or worrying about your weight or body shape. Some examples of eating disorders include avoidant/restrictive food intake disorder, bulimia, binge eating disorder, and anorexia. There is no single cause and people might not have all symptoms for anyone eating disorder. It's also possible for someone's symptoms, and therefore their diagnosis, to change over time. If you are worried about your child's their eating habits, speak to the School Health Nurse, **or ParentLine. Numbers to be released on 14th Feb**

Children's Integrated Therapies Services in

Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies For queries please contact: Single Point of Access (SPA) Telephone: **01865 904435** Or visit https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/

Your school health nurse is: Anita Pitcher



If you would like to speak to your school health nurse, please call: **01865 901295**

We will call you back if you leave a message. Or email witney.schoolnurses@oxfordhealth.nhs.uk

School Health Nurse website: www.oxfordhealth.nhs.uk/school-health-nurses/

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>

ULTIMATE ACTIVITY CAMPS



Outstanding activity camps for 4-14 year olds this
Easter & Summer at Headington School, Oxford

0330 111 7077 www.ultimateactivity.co.uk

Chaffinch
+++++ +++++



Long-tailed tit
+++++ +++++



Coal tit
+++++ +++++



Collared dove
+++++ +++++



Goldfinch
+++++ +++++



Blue tit
+++++ +++++



Greenfinch
+++++ +++++

Great tit
+++++ +++++



Starling
+++++ +++++



Dunnock
+++++ +++++



Magpie
+++++ +++++



Blackbird
+++++ +++++



Woodpigeon
+++++ +++++



House sparrow
+++++ +++++

Robin
+++++ +++++



These are some of the birds that you might see. You can use the tally to help you count.
You'll find lots of tips on identifying birds as well as their calls at rspb.org.uk/birdwatch
The RSPB is a registered charity in England and Wales 207076, in Scotland SC037654. Illustrations by Mike Langman (rspb-images.com)